



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:30 Morning Stretch & Music 1 10:00 Communion with Deacon Dennis 10:30 Decaf Bistro Buzz 11:00 Crafts w/: Loree Tissue Paper Sunflowers 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: Indiana Jones and the Last Crusade</p>	<p>9:30 Morning Stretch & Music 8 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Classic Songs Sing Along 11:30 Namaste- Aromatherapy 1:30 Hula Hoop Balloon Toss 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: Walk the Line</p>	<p>9:00 Watering the Garden 2 10:00 Refreshment Cart & Music 11:00 Mexican Train Dominos 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling 2:00 Snack & Hydration 3:00 Balloon Noodle Ball 4:00 Lawrence Welk Show 1950's E1 6:00 Puzzles in the Activity Room</p>	<p>9:30 Music & Morning Stretch 3 10:00 Coffee, Chat & Flower Arranging 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 June Trivia 2:30 Live music w/ Manny Herrera 4:00 Classic Movie: Tootsie 6:00 Coloring in the Activity Room</p>	<p>9:00 Getting the Garden Ready 4 10:00 Snack & Hydration 10:30 Scenic Bus Ride 11:00 Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Making Banana Hazelnut Chocolate Kabobs 4:00 Coloring & Puzzles 6:00 Thursday Night Movie: The Wings of Eagles</p>	<p>9:30 Zen Stretch w/ Loree 5 10:00 Snack & Hydration 10:30 Rolling Candy Guessing Game 11:00 Old Wives Tales, True or False? 11:45 Namaste- Aromatherapy 1:30 Sing Along w/ Maryanne 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Happy Friday w/ Popsicles 4:00 Music in the Lodge</p>	<p>9:30 Morning Stretch 6 10:00 Snack & Hydration 10:30 Clay Scent Diffusers 11:30 Namaste- Aromatherapy Hand Massage 1:30 Bunco 3:00 Join Us for Family Bingo! 4:00 Concert: Sinatra 80th Farewell 6:00 Word Search in the Enclave</p>
<p>9:30 Gentle Stretch & Shine 7 10:00 Virtual Sunday Non-Denominational Church Service 10:30 Snack & Hydration 11:00 Helping Hands: Rolling Yarn 11:45 Namaste- Aromatherapy 1:00 Too Cute! E1 2:00 Musical Sing Along w/ Linda 3:00 Smoothie Sundays</p>	<p>9:30 Morning Exercise & Music 8 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Classic Songs Sing Along 11:30 Namaste- Aromatherapy 1:30 Hula Hoop Balloon Toss 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: Walk the Line</p>	<p>9:30 Watering the Garden 9 10:00 Refreshment Cart & Music 11:00 UNO! 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling 2:00 Snack & Hydration 3:00 Balloon Noodle Ball 4:00 Lawrence Welk Show 1950's E2 6:00 Puzzles in the Activity Room</p>	<p>9:30 Music & Morning Stretch 10 10:00 Coffee, Chat & Flower Arranging 11:00 Pet Therapy Visit w/ Gigi & Dolly The Rainbow Poodle 11:30 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Desk Detectives 2:30 Sing Along w/Linda Updike 4:00 Classic Movie: Splash 6:00 Coloring in the Activity Room</p>	<p>9:00 Watering the Garden 11 10:00 Snack & Hydration 11:00 Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Cooling Off at Dairy Queen 4:00 Coloring & Puzzles 6:00 Thursday Movie: Matilda</p>	<p>9:30 Zen Stretch w/ Loree 12 10:00 Snack & Hydration 10:30 Rolling Candy Guessing Game 11:00 Would You Rather... 11:45 Namaste- Aromatherapy 1:30 Crafts w/ Rosanda: 3-D Flowers 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Happy Friday w/ Fresh Mixed Fruit 4:00 Music in the Lodge</p>	<p>9:30 Morning Stretch 13 10:00 Snack & Hydration 10:30 Summer Stain Glass Painting 11:00 Namaste- Aromatherapy Hand Massage 1:30 Bunco 2:00 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Concert: Elvis Presley Alhoa from Hawaii 6:00 Word Search in the Enclave</p>
<p>9:30 Gentle Stretch & Shine 14 10:00 Virtual Sunday Non-Denominational Church Service 10:30 Snack & Hydration 11:00 Helping Hands: Office Assist 11:45 Namaste- Aromatherapy 1:00 Too Cute! E2 2:00 Church Service w/ Faith Community Church 3:00 Ice Cream Sundae Sundays <small>Flag Day (U.S.)</small></p>	<p>9:30 Morning Stretch & Music 15 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Crafts w/ Loree: Colorful Monograms 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: American Graffiti</p>	<p>9:30 Watering the Garden 16 10:00 Refreshment Cart & Music 11:00 Mexican Train Dominos 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling 2:00 Snack & Hydration 3:00 Balloon Noodle Ball 4:00 Lawrence Welk Show 1950's E3 6:00 Puzzles in the Activity Room</p>	<p>9:30 Music & Morning Stretch 17 10:00 Coffee, Chat & Flower Arranging 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Cruising to a Tropical Destination 2:30 What's That Island Sound? 4:00 Classic Movie: Chitty Chitty Bang Bang 6:00 Coloring in the Activity Room</p>	<p>9:00 Watering the Garden 18 10:00 Snack & Hydration 10:30 Scenic Bus Ride 11:00 Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Making Parfaits 4:00 Coloring & Puzzles 6:00 Thursday Night Movie: Jumanji</p>	<p>9:30 Zen Stretch w/ Loree 19 10:00 Snack & Hydration 10:30 Rolling Candy Guessing Game 11:00 Idioms~ Cracking the Code of Everyday Expressions 11:45 Namaste- Aromatherapy 1:30 Toe Tapping Tunes w/ Banjo Doug 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Happy Friday w/ Fresh Lemonade 4:00 Music in the Lodge</p>	<p>9:30 Morning Stretch 20 10:00 Donuts & Coffee w/ Dad 10:30 Dot Painting 11:00 Namaste- Aromatherapy Hand Massage 1:30 Bunco 2:00 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Concert: Dolly Parton & Wagoner Country Legends 6:00 Word Search in the Enclave</p>
<p><i>Happy Father's Day!</i> 21 9:30 Gentle Stretch & Shine 10:00 Virtual Sunday Non-Denominational Church Service 10:30 Snack & Hydration 11:00 Scrapbooking 11:45 Namaste- Aromatherapy 1:00 Too Cute! E3 2:00 Father's Day w/ Elvis 3:00 Root Beer Floats w/ Dad <small>Father's Day Summer Begins</small></p>	<p>9:30 Morning Stretch & Music 22 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Classic Songs Sing Along 11:30 Namaste- Aromatherapy 1:30 Hula Hoop Balloon Toss 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: Oklahoma</p>	<p>9:30 Watering the Garden 23 10:00 Refreshment Cart & Music 11:00 UNO! 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling 2:00 Snack & Hydration 3:00 Balloon Noodle Ball 4:00 Lawrence Welk Show 1950's E4 6:00 Puzzles in the Activity Room</p>	<p>9:30 Music & Morning Stretch 24 10:00 Coffee, Chat & Flower Arranging 11:00 Pet Therapy Visit w/ Gigi & Lilith the Cat 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Can You Picture This? 2:30 Having Fun w/ Littlest Big Band 4:00 Classic Movie: Driving Mrs. Daisy 6:00 Coloring in the Activity Room</p>	<p>9:00 Watering the Garden 25 10:30 Scenic Bus Ride 10:00 Snack & Hydration 11:00 Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Chocolate Chip Cheesecake Cookies 4:00 Coloring & Puzzles 6:00 Thursday Movie: Radio</p>	<p>9:30 Zen Stretch w/ Loree 26 10:00 Snack & Hydration 10:30 Rolling Candy Guessing Game 11:00 Can You Name 5? 11:45 Namaste- Aromatherapy 1:30 Crafts w/ Rosanda: Seashell Windchimes 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Happy Friday w/ Snow Cones 4:00 Music in the Lodge</p>	<p>9:30 Morning Stretch 27 10:00 Snack & Hydration 10:30 Canvas Painting 11:00 Namaste- Aromatherapy Hand Massage 1:30 Bunco 2:00 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Concert: Andre Rieu in Vienna 6:00 Word Search in the Enclave</p>
<p>9:30 Gentle Stretch & Shine 28 10:00 Virtual Sunday Non-Denominational Church Service 10:30 Snack & Hydration 11:00 Helping Hands: Folding Calendars & Newsletters 11:45 Namaste- Aromatherapy 1:00 Too Cute! E4 2:00 Church Service w/ Faith Community Church 3:00 Smoothie Sundays</p>	<p>9:30 Morning Stretch & Music 29 10:30 Snack & Hydration 11:00 Crafts w/ Loree: Clay Flowers 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: Wild Hogs</p>	<p>9:30 Gardening w/ Rosanda 30 10:00 Refreshment Cart & Music 11:00 Mexican Train Dominos 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling 2:00 Snack & Hydration 3:00 Balloon Noodle Ball 4:00 Lawrence Welk Show 1950's E5 6:00 Puzzles in the Activity Room</p>	<h1>June 2026</h1> <h2>Sierra Del Sol The Lodge</h2>			

Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710