

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR <i>A Friendly Reminder: Please stay hydrated!</i> 3:30 Afternoon Reading – IA/LB 7:00 60 Minutes – DR <i>Shavuot Begins</i>	1 Happy Birthday, Shirley G. 2 10:00 Daily Chronicles – LB 10:30 Stretching on the Porch- BP 11:30 Word Search - LB 1:30 Puzzles Club – LB 2:30 Bingo – AR 6:30 Nightly News – DR	3 10:00 Crosswords – LB 10:30 Morning Devotional w/Mark from Central Baptist Bearden – AR 11:00 Fun Fitness w/Sandy– AR 2:00 Music w/Roger B. – DR 3:30 Fun Fact – LB 6:00 Porch Social – IA/BP	4 10:00 Daily Chronicles – LB 10:30 Catholic Service – AR 11:00 Chair Dancercise w/Pattaya – AR 1:45 Movie Matinee – AR 2:00 Shopping at Kroger - FE 3:30 Sudoku – IA/LB 6:30 Nightly News – DR	5 10:15 Sing Along Hymns – AR 10:30 Morning Devotional w/Calvary Chapel – AR 11:15 Sit & Fit w/Bob from UT HM. Health – AR 2:00 Music w/Smoky MTN. Variety Show – DR 3:30 Bingo – AR 6:00 Porch Social – IA/BP	6 10:00 Daily Chronicles – LB 10:30 Crafts w/Phyllis – AR 2:00 Happy Hour w/UT HM. Health & UT Hospice – DR 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA	7 Happy Birthday, Jane M. & Lois J. 9:00 Morning News – DR 10:00 Morning Stroll – IA <i>A Friendly Reminder: Please stay hydrated!</i> 2:00 Bingo – AR 3:30 Puzzles Club – LB 6:00 Nightly News – DR
8 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR <i>A Friendly Reminder: Please stay hydrated!</i> 3:30 Afternoon Reading – IA/LB 7:00 60 Minutes – DR	9 10:00 Daily Chronicles – LB 10:30 Stretching on the Porch- BP 11:30 Word Search - LB 1:30 Puzzles Club – LB 2:30 Bingo – AR 6:30 Nightly News – DR	10 10:00 Crosswords – LB 10:30 Morning Devotional w/AD from Smoky MTN. Hospice – AR 11:00 Chair Yoga w/Sandy – AR 2:00 The Tennessee Jewels – DR 3:30 Color Me Happy – LB 6:00 Porch Social – IA/BP	11 10:00 Daily Chronicles – LB 10:30 Catholic Service – AR 11:00 Chair Dancercise w/Pattaya – AR 1:45 Movie Matinee – AR 2:30 Ice Cream Outings at Jeremiah's - FE 3:30 Sudoku – IA/LB 6:30 Nightly News – DR	12 Throw Back Thursday! Wear your favorite decade 😊 10:15 Sing Along Hymns – AR 10:30 Morning Devotional w/Calvary Chapel – AR 11:15 Sit & Fit w/Bob from UT HM. Health – AR 2:00 UT Gardens – AR 3:30 Bingo – AR 6:00 Porch Social – IA/BP	13 Sport Day! 10:00 Daily Chronicles – LB 10:30 Painting with a Twist – AR 2:00 Happy Hour – DR 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA	14 Red, White, and Blue Day! Happy Birthday, Pat W. 9:00 Morning News – DR 10:00 Morning Stroll – IA <i>A Friendly Reminder: Please stay hydrated!</i> 2:00 Bingo – AR 3:30 Puzzles Club – LB 6:00 Nightly News – DR <i>Flag Day (U.S.)</i>
15 Camouflage Day! 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR <i>A Friendly Reminder: Please stay hydrated!</i> 3:30 Afternoon Reading – IA/LB 7:00 60 Minutes – DR <i>Father's Day</i>	16 Pajamas Day! 10:00 Daily Chronicles – LB 10:30 Bingo – A 11:30 Word Search – LB 2:00 Puzzles Club – LB 2:30 Watermelon Social w/Kasha from UT HM. Health – DR 6:30 Nightly News – DR	17 Flapper Day! 10:00 Crosswords – LB 10:30 Morning Devotional w/Mark from Central Baptist Bearden – AR 11:00 Fun Fitness w/Sandy– AR 2:00 Music w/Marc B. – DR 3:30 Fun Fact – LB 6:00 Porch Social – IA/BP	18 Whacky Wednesday! 10:00 Daily Chronicles – LB 10:30 Catholic Service – AR 11:00 Chair Dancercise w/Pattaya – AR 1:15 Resident Council & Food Committee – AR 2:30 Music w/Frank & Friends – DR 6:30 Nightly News – DR	19 8:30 Wellness Check w/UT Hm. Health 10:15 Sing Along Hymns – AR 10:30 Morning Devotional w/Calvary Chapel – AR 11:15 Sit & Fit w/Bob from UT HM. Health – AR 2:00 Monthly Birthday Party w/UT Hospice and Music by Mike T. – DR 3:30 Bingo – AR <i>Juneteenth</i>	20 10:00 Daily Chronicles – LB 10:30 Men's Club w/Travis – AR 2:00 Happy Hour & Music by Timothy S. – DR 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA <i>Summer Begins</i>	21 9:00 Morning News – DR 10:00 Morning Stroll – IA <i>A Friendly Reminder: Please stay hydrated!</i> 2:00 Bingo – AR 3:30 Puzzles Club – LB 6:00 Nightly News – DR
22 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR <i>A Friendly Reminder: Please stay hydrated!</i> 3:30 Afternoon Reading – IA/LB 7:00 60 Minutes – DR	23 10:00 Daily Chronicles – LB 10:30 Walk w/Friends – IA 10:30 Picnic at Concord Park– FE 11:30 Word Search - LB 1:30 Puzzles Club – LB 2:30 Bingo – AR 6:30 Nightly News – DR	24 Happy Birthday, Terry S. 10:00 Crosswords – LB 10:30 Morning Devotional w/AD from Smoky MTN. Hospice – AR 11:00 Chair Belly Dance w/Sandy – AR 2:00 Porch Social – BP 3:30 Color Me Happy – LB 6:00 Porch Social – IA/BP	25 10:00 Daily Chronicles – LB 10:30 Catholic Service – AR 11:00 Chair Dancercise w/Pattaya – AR 2:30 Rhythm Band Workshop w/Rise T. – AR 3:30 Sudoku – IA/LB 6:30 Nightly News – DR	26 10:15 Sing Along Hymns – AR 10:30 Morning Devotional w/Calvary Chapel – AR 11:15 Sit & Fit w/Bob from UT HM. Health – AR 2:00 Brain Teaser – LB 2:30 Summer Ticket Auction – DR 6:00 Porch Social – IA/BP	27 10:00 Daily Chronicles – LB 10:30 Shopping at HomeGoods– FE 2:00 Happy Hour – DR 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA	28 9:00 Morning News – DR 10:00 Morning Stroll – IA <i>A Friendly Reminder: Please stay hydrated!</i> 2:00 Bingo – AR 3:30 Puzzles Club – LB 6:00 Nightly News – DR
29 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR <i>A Friendly Reminder: Please stay hydrated!</i> 3:30 Afternoon Reading – IA/LB 7:00 60 Minutes – DR	30 10:00 Daily Chronicles – LB 10:30 Walk w/Friends – IA 10:30 Lunch Around Town at Bravo! Italian Kitchen – FE 11:30 Word Search - LB 1:30 Puzzles Club – LB 2:30 Bingo – AR 6:30 Nightly News – DR	 Northshore Heights - Assisted Living Activities June 2025 (The Activities Calendar is subject to change. Please refer to the Daily Activities Board in the Dining Room) Room Location Codes AR = Activity Room, LB = Library, DR = Dining Room, FE = Front Entrance, IA = Independent Activity, BP = Back Patio				