

# June 2025

## On With Life at New Horizons Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – Ice Breakers <b>2</b> 10:30 – Stretching 11:00 – TV Show Throwback 11:30 – Story in a Bag 1:30 – Music Therapy	10:00 – Madlibs <b>3</b> 10:30 – Bowling & Darts 11:00 – Musical Masterpiece 11:30 – Chair Yoga 1:30 – Flipbo	10:00 – Conversation Cards <b>4</b> 10:30 – Exercise BINGO 11:00 – Outdoor Active Games 1:30 – Jeopardy	10:00 – Alphabet Exercise <b>5</b> 10:30 – Music Therapy 1:30 – Group Puzzle Races	10:00 – Scavenger Hunt <b>6</b> 10:30 – Learn ASL 11:00 – Dumbbell Exercises 11:30 – Buzzword 1:30 – Charades & Pictionary <b>Outing: North Shore Recreation (picnic &amp; fishing) 10:00 – 2:30</b>
10:00 – Silly Strong <b>9</b> 10:30 – Decorate Tote Bags 11:30 – Family Feud 1:30 – Music Therapy	10:00 – Shake Loose Memories <b>10</b> 10:30 – Dumbbell Exercises 11:00 – Movie Trivia 11:30 – Just Dance 1:30 – Karaoke <b>Outing: Iowa State Capitol Tour 10:00 – 12:30</b>	10:00 – Healing Devotions <b>11</b> 10:30 – Wheel of Sweat 11:00 – Quote Me 11:30 – Golf Games <b>1:00 – Caricatures by Steph</b> 2:00 – BINGO	10:00 – Social Jenga <b>12</b> <b>10:30 – Valerie's Flute Entertainment</b> 11:30 – Speedy Recall 1:30 – Noodle Ball 2:00 – Card Games <b>Outing: Ankeny Library – Craft &amp; Chat 12:30 – 2:30</b>	10:00 – New York Times Games <b>13</b> 10:30 – Stretching 11:00 – Father's Day Craft/ Cards 1:30 – Father's Day Movie Celebration
10:00 – Social BINGO <b>16</b> 10:30 – Seated Cardio 11:00 – Hidden Picture 11:30 – Learn ASL 1:30 – Music Therapy <b>Outing: Fuji Hibachi Grill Lunch 11:00 – 1:30</b>	10:00 – 20 Questions <b>17</b> 10:30 – Deal or No Deal 11:30 – Word Exercises 1:30 – Outdoor Active Games	10:00 – Healing Devotions <b>18</b> 10:30 – Smile Toss 11:00 – Horse Racing Game <b>1:30 – Pat Lydon</b> <b>Outing: Des Moines Botanical Garden 10:00 – 12:30</b>	10:00 – Chair Yoga <b>19</b> 10:30 – Music Therapy 12:00 – Backyard BBQ 1:30 – Squirt Gun Tie Dye	10:00 – Summer Bucket List <b>20</b> 11:00 – Dumbbell Exercises 11:30 – Homemade Ice Cream 1:30 – Water Balloon Games
10:00 – Summer Would You Rather? <b>23</b> 10:30 – Dumbbell Exercises 11:00 – Fact or Crap 11:30 – Balloon Volleyball 1:30 – Music Therapy	10:00 – Make Popsicles <b>24</b> 10:30 – Words From Words 11:00 – Suncatchers 1:30 – Cornhole Tournament	10:00 – Healing Devotions <b>25</b> 10:30 – Silly Strong 11:00 – Board Games 1:30 – Picture Frame Craft	10:00 – Wheel of Sweat <b>26</b> 10:30 – Music Therapy <b>1:30 – Valerie's Flute Entertainment</b> <b>Outing: Ankeny Library – BINGO for Books 12:30 – 2:30</b>	10:00 – Talk For 1 Minute <b>27</b> 10:30 – Seated Cardio <b>11:00 – Phil Hague Harmonica</b> 1:30 – Outdoor Active Games
10:00 – Stretching <b>30</b> 10:30 – Listen & Draw 11:00 – Water Balloon Games 1:30 – Music Therapy				

