



June 2025

Inspired Living at Alpharetta | Assisted Living Activity Calendar

2nd Floor Piano = 2F
Dining Room = DR
Falcon Pool Hall = FL
Fitness Center = FC

Fresh Kitchen (400) = FK
Library Lounge = GL
Lobby = LB
Outing Trip = OT

Poker Lounge = L4
Room to Room = RR
Theater = T

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Affirmations & Coffee (YouTube) (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Streaming Sunday Service (YouTube) Independent (CL) 11:00 Jeopardy Lab Trivia (LB) 11:00 Catholic Sunday Streaming Service (Daily Tv Mass) (GL) 11:30 Sunday Morning Moving & Grooving "Exercise & Music" (FC) 1:45 Happy Birthday Marlin Monroe Movie Matinee " Blonde" Netflix (T) 2:30 Pick your Flavor Snow Cone/ Dominoes with Jatorian (B) 4:00 Bingo for Treats (FK(P#20TE) 6:00 Sit & Chat with Friends w/Music (LB)	9:30 Daily Chronicles Read/History Facts about Today (LB) 11:00 Happy Tails Pet Therapy (LB) 1:15 Chair Yoga Monday (FC) 2:00 Milkshake Mondays /Joggin the Noggin Trivia (B) 3:00 Poker Club Meets (FPH(G) 6:00 Monday Night Movie (T)	9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Hand Massages / Nail Care (FK) 11:30 Groovy Seated Aerobics with Alvin (FC) 1:15 Room to Room Visit from Staff (RR) 2:00 Tostito Chips/Salsa Tuesday with Name that Tune Trivia (B) 3:00 Poker Club Meets (FL) 4:00 Crafty Tuesday "Art Therapy" (FK) 6:00 Action Tuesday Movie "Land of Bad" Netflix (T)	9:00 Affirmations & Coffee (YouTube) (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 9:45 Walmart Essential Shopping (OT) 10:00 Shopping or Outing Trip TBA (OT) 10:30 Spiritual Corner (Devotional) with Hymns (CL) 11:15 Walk Day (1st Wednesday of Every Month) Let Walk 500-100ft (A) 1:30 Wednesday's Disco Workout 3:00 Men's Club Meet with Jatorian (FL) 3:00 Wine Down Wednesday's w/Live Entertainment by Jenni Michelson (B) 4:00 Bingo for Treats/Prizes (FK) 6:00 Romantic Wednesdays " The Best of Me" Netflix (T)	9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Daily Devotional with Hymns/Prayer (CO) 11:00 Early Rise Bingo for Prizes 11a-12p (FK) 1:15 Room to Room Visit from Staff (RR) 1:30 Seated Boxing Exercise (FC) 2:00 Design your on Cupcake (GL) 3:00 Resident Council Meeting (T) 3:30 Team Jeopardy Lab (T) 4:00 Physiotainment w/Paul (FC(LP) 6:00 Thursday Night Movie "A Heartland Christmas" Netflix (T)	9:00 Affirmations & Coffee (YouTube) (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 (Youtube)NOTHING CHANGES IF YOU DON'T- Best Motivational Video Speeches Compilation (30 min) (CL) 11:30 Chair Yoga/Breathing Exercises (CO) 1:30 Poker Club (PLTF,#OTE) 2:00 Comedy Shorts-I LOVE LUCY, DEAN MARTIN(Youtube) (CO) 4:15 Walking is Healthy (Grab a friend & Let's Go for a Walk) (OOI) 6:00 Sit & Chat with Friends (LB)	9:00 Saturday Newspaper & 2nd Cup of Joe (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 (Youtube) MORNING MOTIVATION - listen every day to start your day right! setting intention & gratitude (LB) 11:30 Saturday Morning Moving & Grooving "Exercise & Music" (FC) 2:00 Come have Desserts and Conversations with the Manager on Duty (B) 3:00 Joggin the Noggin "Put your Thinking Caps On" (LB) 4:00 Poker Club (FL) 6:00 Sit & Chat with Friends w/Music (LB)
9:00 News & Coffee and Music (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Streaming Sunday Service (YouTube) Independent (CL) 11:00 A Sporty Sports Car Day (Triva About a Variety of Cars) (LB) 11:00 Catholic Sunday Streaming Service (Daily Tv Mass) (GL) 11:30 Sunday Seated Stretches (FC) 1:45 Movie Matinee " Hello, Love, Again" Netflix (T) 2:30 Pick your Flavor Snow Cone/ Dominoes with Jatorian (B) 4:00 Bingo for Treats (FK(P#20TE)	9:30 Daily Chronicles Read/History Facts about Today (LB) 11:30 Balloon Volleyball (Lets Play along with your Neighbors) (FK) 1:15 Chair Yoga Monday (FC) 2:00 Milkshake Mondays /Joggin the Noggin Trivia (B) 3:00 Duck Pond Scavenger Hunt (Donald Ducks Birthday) (FK) 3:00 Poker Club Meets (FPH(G) 6:00 Monday Night Movie (T)	9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Hand Massages / Nail Care (FK) 11:30 Groovy Seated Aerobics with Alvin (FC) 1:15 Room to Room Visit from Staff (RR) 2:00 Iced Tea Day Social 3:00 Poker Club Meets (FL) 4:00 Crafty Tuesday "Art Therapy" (FK) 6:00 Action Tuesday Movie "Land of Bad" Netflix (T)	9:00 Affirmations & Coffee (YouTube) (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Spiritual Corner (Devotional) with Hymns (CL) 11:00 Reminiscing Circle 1:30 Wednesday's Disco Workout 3:00 Men's Club Meet with Jatorian (FL) 4:00 Bingo for Treats/Prizes (FK) 6:00 Romantic Wednesdays " The Best of Me" Netflix (T)	9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Daily Devotional with Hymns/Prayer (CO) 11:00 Early Rise Bingo for Prizes 11a-12p (FK) 1:15 Room to Room Visit from Staff (RR) 1:30 Seated Boxing Exercise (FC) 3:00 Resident Council Meeting (T) 4:00 Physiotainment w/Paul (FC(LP) 6:00 Thursday Night Movie "A Heartland Christmas" Netflix (T)	9:00 Affirmations & Coffee (YouTube) (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 (Youtube)NOTHING CHANGES IF YOU DON'T- Best Motivational Video Speeches Compilation (30 min) (CL) 11:30 Chair Yoga/Breathing Exercises (CO) 1:30 Poker Club (PLTF,#OTE) 2:00 Comedy Shorts-I LOVE LUCY, DEAN MARTIN(Youtube) (CO) 4:15 Walking is Healthy (Grab a friend & Let's Go for a Walk) (OOI) 6:00 Sit & Chat with Friends (LB)	8:00 Father's Day Brunch (DR) 9:00 Saturday Newspaper & 2nd Cup of Joe (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 (Youtube) MORNING MOTIVATION - listen every day to start your day right! setting intention & gratitude (LB) 11:00 Balloon Volleyball (Lets Play along with your Neighbors) (CO) 11:30 Saturday Morning Moving & Grooving "Exercise & Music" (FC) 2:00 Come have Desserts and Conversations with the Manager on Duty (B) 2:45 Bingo for Treats/Prizes (FK) 3:00 Live Entertainment from the Man with the Horn (DR) 4:00 Poker Club (FL) 6:00 Sit & Chat with Friends w/Music (LB)
9:00 News & Coffee and Music (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Streaming Sunday Service (YouTube) Independent (CL) 11:00 Catholic Sunday Streaming Service (Daily Tv Mass) (GL) 11:00 Trivia (Jeopardy Lab) (LB) 11:30 Sunday Morning Moving and Flexing (FC) 1:45 Movie Matinee " Serena" Netflix (Independent) (T) 2:30 Pick your Flavor Snow Cone/ Dominoes with Jatorian (B) 4:00 Bingo for Treats (FK(P#20TE) 6:00 Sit & Chat with Friends w/Music (LB)	9:30 Daily Chronicles Read/History Facts about Today (LB) 1:15 Chair Yoga Monday (FC) 2:00 Milkshake Mondays /Joggin the Noggin Trivia (B) 3:00 Movie Matinee Suspenseful Thriller Day "1960 Psycho" Netflix 3:00 Poker Club Meets (FPH(G) 6:00 Monday Night Movie (T)	9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Hand Massages / Nail Care (FK) 11:30 Groovy Seated Aerobics with Alvin (FC) 1:15 Room to Room Visit from Staff (RR) 3:00 Poker Club Meets (FL) 4:00 Crafty Tuesday "Art Therapy" (FK) 6:00 Action Tuesday Movie "Land of Bad" Netflix (T)	9:00 Affirmations & Coffee (YouTube) (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:00 Happy Splurge Day (Burlington Shopping) (OT) 10:30 Spiritual Corner (Devotional) with Hymns (CL) 1:30 Wednesday's Disco Workout 2:00 Flip Flops & Lemon Drops with King Pops 2:00 Wine Down Wednesday /Live Entertainment (Boardwalk Baby) (DR) 3:00 Men's Club Meet with Jatorian (FL) 4:00 Bingo for Treats/Prizes (FK) 6:00 Romantic Wednesdays " The Best of Me" Netflix (T)	9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 Daily Devotional with Hymns/Prayer (CO) 11:00 Early Rise Bingo for Prizes 11a-12p (FK) 1:15 Room to Room Visit from Staff (RR) 1:30 Seated Boxing Exercise (FC) 3:30 Team Jeopardy Lab (T) 4:00 Physiotainment w/Paul (FC(LP) 6:00 Thursday Night Movie "ALI" Netflix (T)	9:00 Affirmations & Coffee (YouTube) (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 (Youtube)NOTHING CHANGES IF YOU DON'T- Best Motivational Video Speeches Compilation (30 min) (CL) 11:30 Chair Yoga/Breathing Exercises (CO) 1:30 Poker Club (PLTF,#OTE) 2:00 Comedy Shorts-I LOVE LUCY, DEAN MARTIN(Youtube) (CO) 4:15 Walking is Healthy (Grab a friend & Let's Go for a Walk) (OOI) 6:00 Sit & Chat with Friends (LB)	9:00 Saturday Newspaper & 2nd Cup of Joe (LB) 9:30 Daily Chronicles Read/History Facts about Today (LB) 10:30 (Youtube) MORNING MOTIVATION - listen every day to start your day right! setting intention & gratitude (LB) 11:30 Saturday Morning Moving & Grooving "Exercise & Music" (FC) 2:00 Come have Desserts and Conversations with the Manager on Duty (B) 3:00 Joggin the Noggin "Put your Thinking Caps On" (LB) 4:00 Poker Club (FL) 6:00 Sit & Chat with Friends w/Music (LB)
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Activities are subject to change, due to weather or other circumstances.