

# JUNE 2026

# JUNETEENTH

# Teitel

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 10:00 Exercise You Tube 12:00 Bus -Red Coat Tavern 31542 Woodward/Royal Oak 12:00 Chair Fitness/WG 12:00 Conversational English w/Larissa-MR <b>YAD EZRA</b>	<b>2</b> 10:00 Exercise You Tube-MPR 11: 00-Bus Trip- Emperors Garden/11Mile Lahser 12:30 MB Fitness (WG) 1:00 Everyday English (MR) 2:00-Group Walk Around Campus 3-5x (if weather permits) Meet up in Lobby by 1:50	<b>3</b> 10:00 Exercise YouTube-MPR 11:00 Bus Trip-Kroger 12:00 Resident Council Meeting TDR- Room-No food/Drinks 12:30 Chair Yoga w/Lindsay-MR 2:00 Movie Hour-MPR	<b>4</b> 10:00 Exercise You Tube 10:00 Bus Trip -Bank/Aldis 11:00 Balance in Action-WG 12:00 Exercise w/MB-MPR 2:00 Thoughtful Thursday	<b>5</b> 10:00 Exercise You Tube 10:00 Exercise You Tube-MPR 12:30 Chair Fitness/ W/G 1:00 You Tube Concert-MPR “ Resident Choice” Shabbat begins at 8:48pm	<b>6 ANNOUNCEMENTS</b> All Movies @ 6pm <b>Movies @ Prentis</b> Snacks Served Check info. Boards and books for Movies Shown Monthly Shabbat Ends at 9:59pm
<b>7 Church Services</b> 2:00 Non Denominational -MR	<b>8</b> 10:00 Exercise You Tube-MPR 12:00-Bus Trip-Mexican Town Southwest Detroit/Other 12:00 Chair Fitness-W/G 2:00-Conversatiion Eng. MR w/ Larissa <b>YAD EZRA</b>	<b>9</b> 10:00 Exercise You Tube-MPR 11: 00-Cornerstone Plaza-GFD 12:30 MB Fitness (WG) 1:00 Everyday English (MR) 2:00-Group Walk Around Campus 3-5x (if weather permits) Meet up in Lobby by 1:50	<b>10</b> 10:00 Exercise YouTube-MPR 11:00 Bus Trip-Meijers 12:30 Chair Yoga w/Lindsay-MR 1:00 Healthy Spicey Foods 2:00 Spicey Talk Hour-MPR Healthy Spicey Foods To Eat	<b>11</b> 10:00 Exercise You Tube-MPR 10:00 Bus Trip-Bank/Dollar T Grove Kosher Market 11:00 Balance in Action-W/G 1:00 Every day English (MR) 12:00 Exercise w/MB-MPR 2:00 Thoughtful Thursday-WG	<b>12 10:00 Exercise You Tube</b> 10:00 Exercise You Tube-MPR 12:30 Chair Fitness/WG 1:00 Memory Group-MR /Asya 1:00 You Tube Concert-MPR “Resident Choice “ Shabbat begins at 8:53pm	<b>13 ANNOUNCEMENTS</b> This calendar is subject to change due to circumstances, you will be notified of any changes made as soon as they become available to us. Shabbat Ends 10:04pm
<b>14</b> <b>Church Services</b> 2:00 Non-denominational Church Services-MR	<b>15</b> 10:00 Exercise You Tube-MPR 12:00 -Bus Trip-Shields Pizza 12:00 Chair Fitness-W/G 2:00 Conversational English w/Larissa-MR 3:00 Movie Hours-MPR <b>YAD EZRA</b>	<b>16</b> 10:00 You Tube Exercise- MPR 10:00 Bus-Belle Isle Aquarium (six per building sign up 12:30 MB Fitness (WG) 1:00 Everyday English (MR) 2:00 Group Walk-all are welcome	<b>17</b> 10:00 Exercise You Tube-MPR 11:00-Bus -Walmart 12:30 -Chair Yoga w/Lindsay-WG 1:00 BINGO for Prizes on the Patio with Representative Dan (if weather permits)	<b>18 ART OF AGING</b> <b>GREATER GRACE</b> <b>Workshop-23500 W.7 Mile</b> Departure Time 8:00am 11:00 Balance in Action-W/G 12:00 Exercise w/MB-MPR 1:00 Everyday English w/Jeff 2:00-Thoughtful Thursday W/G	<b>19 Fathers Day Brunch</b> Pre Fathers Day/ Juneteenth Celebration12:00-2p in MPR and WG /Patio Areas if weather permit You Must RSVP for this event by 6//06/26 12:30 Chair Fitness-WG Shabbat begins at 8:55pm	<b>20</b> Shabbat Ends 10:06pm
<b>21 2:00 Church Services</b> <b>HAPPY FATHERS</b> <b>DAY</b> <b>SUMMER BEGINS</b>	<b>22 10:00 Exercise --MPR</b> 1:00 Café Europa w/ Dr.Sitow WB HECTMAN APTS. 12:00 Chair Fitness W/G <b>YAD EZRA</b>	<b>23 10:00 Bus Trip-DIA Museum</b> Detroit Institute of Arts Must Enter Raffle To Attend 12:30 MB Fitness (WG) 1:00 Everyday English (MR) 2:00 Group Walk all are welcome to attend	<b>24</b> <b>COVILLE BUS</b> 10:00 Exercise You Tube-MPR 12:30- Chair Yoga w/Lindsay-MR 2:00 Movie Hour-MPR	<b>25</b> 10:00 Bus Trip -Bank/Aldis 11:00 Balance in Action-WG 12:00 Exercise w/MB-MPR 12:30- Nutrition Class-TDR 2:00 Thoughtful Thursday	<b>26</b> 12:30 Chair Fitness-W/G 1:00-Memory Group-MR/Asya 2:00 MONTHLY MEETING w/DAJUAN and TEAM-TDR Shabbat begins at 8:56pm	<b>27</b> Shabbat Ends 10:07pm
<b>28 Church Services</b> 2:00 Non-denominational	<b>29</b> 10:00 Excercise-You T-MPR 12:00 Polish Market/Troy 12:30 MB Fitness (WG) 1:00 Everyday English (MR) 2:00 Conversational English- w/Larissa-MR <b>YAD EZRA</b>	<b>30</b> 10:00 Excercise-You T-MPR 10:00 Bus-Westborn Market Berkley/ Woodward 12:30 MB Fitness (WG) 1:00 She’s Back-Entertainer, Miss Vanessa Carr- TDR 1:00 Everyday English-MR 2:00 Group Walk all may attend	<b>ROOM KEY</b> TDR-Teitel Dining Room TFO-Teitel Front Office MR-Media Room MPR-Multi Purpose Room WG-Winter Garden TL-Teitel Library		All 10:00 You Tube exercise classes will be held in the MPR. <b>You must Sign up</b> in Book located at mail desk so Coordinator can prepare. Thank you 	
