Crusselaure		Timeda	Madaaaday	Thursday	F alalau	Caturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1p- Movie (Rooster Cogburn- 1975) (C)	2 9a- West Rutland Marsh (Bus boarding at 8:30a) 10a- Independent Exercise (C) 1p- Seated Yoga (C) 2:30p- Let's Make Bubble Tea (A)	9:30a- Wellness Tuesday 3 (Alzheimer's & Brain Awareness Month) (LR) 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Woodland Garland Stakes) (A) 3p- I Should Have Known That! (A)	4 9:30a- Therapeutic Art (A) 10a- Independent Exercise (C) 10:30a- Gardening Group (O) 12:30p- Contract Rummy (LR) 1p- Functional Fitness (C) 3p- Scrabble Dash (A)	5 9:30a- June Cranium Crunches (A) 10a- Functional Fitness (C) 1p- <i>Shopping Trip</i> 1p- Rack-O (A) 3p- Who, What, Where? (A)	6 9:15a- 30- Second Mysteries (A) 12p- Lac Du Saint Sacrement Lunch Cruise (Bus boarding at 10a) 1p- Documentary (Forgotten War- 2009) (C)	1p- Movie (Another Simple Favor- 2025) (C) 4p- Resident Social (LR)
8 1p- Movie (National Lampoons Vacation- 1983) (C)	9 9:30a- Star of the Month Maureen Stapleton (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p- Seated Yoga (C) 2p- Art with Mary Fran (A)	10 9:30a- Wellness Tuesday (Men's Health Month) (LR) 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Ribbon Flag) (A) 2:30p- Grief Support Group (C)	9:30a- Fatherly Wit and 11 Wisdom (A) 10a- Independent Exercise (C) 10:30a- Gardening Group (O) 12:30p- Contract Rummy (LR) 1p- Mark Munzert Cowboy Poet (C) 3:30p- Name that Tune- Dad's Edition (A)	12 9:30a- Name that Tool (A) 10a- Functional Fitness (C) 1p- <i>Shopping Trip</i> 1p- Garden Gnomes & Fairie Trivia (A) 2:30p- Root Beer Float Social (P)	9:30a- Flag Day True or False?	1 10a- Resident Council Conversation (C) 1p- Movie (A Summer Romance- 2025) (C) 4p- Resident Social (LR) _{Flag Day (U.S.)}
2009) (C) Happy Father's Day!		17 9:30a- Wellness Tuesday (National Safety Month) (LR) 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Firecracker Craft) (A) 2p- Book Club (LI) 2:30p- Documentary (Ken Burns- Baseball Part 1) (C)	12:30p- Contract Rummy (LR)	19 9:30a- Juneteenth Puzzles (A) 10a- Functional Fitness Call SHOW / LIVE MUSIC 1-2:30P 2:30p- Grace Congregational Service (C)	20 9:00a- Bananagrams (A) 10a- The White Cottage Snack Bar/ Woodstock Farmer's Market (Bus boarding 10a) 3:30p- Who Am I? Famous Black Americans (A)	2 1p- Movie (Awakenings- 1990) (C) 4p- Resident Social (LR)
1p- Movie (Never on Sunday- 1960) (C)	23 9:30a- National Park Match-Up (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p- Seated Yoga (C) 3p- Amazing Aloe Vera (A)	24 9:30a- Wellness Tuesday (Cataract Awareness Month) (LR) 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Flip- Flop Wreath) (A) 3p- Crazy 8's (A)	25 9:30a- Men's Breakfast (DR) 10a- Independent Exercise (C) 10:30a- Gardening Group (O) 12:30p- Contract Rummy (LR) 1p- Walking Group (P) 1p- WRITEAway Group (LI) 2:30p- Documentary (Ken Burns- Baseball Part 2) (C)	26 9:30a- Domino Bouquets (A) 10a- Sit and Be Fit (C) 1p- <i>Shopping Trip</i> 1p- Axe Throwing (P) 3p Travel Club: Cologne, Germany (A)	27 9:30a- Shut the Box (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 2p- Mendon Mini Golf/ Creemees (Bus boarding 1:45p)	2 1p- Movie (Nonnas- 2025) (C) 4p- Resident Social (LR)
(C)	30 9:30a- What Would You Do? (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p- Seated Yoga (C) 3p- Activity Committee Meeting (A)			ne 2(gateway to summer."—		

The Gables at East Mountain, Rutland, VT 05701 *All activities and locations are subject to change* (C)- Commons (A)- Activities (DR)- Dining Room (P)- Porch (LR)- Living Room (O)- Outside (LI)- Library