

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|---|---|---|---|---|---|--|
| 9:45 Exercise<br>10:30 Coloring<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Art and Craft<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><br>Shavuot Begins                                     | 1<br>9:45 Exercise<br>10:30 Bingo<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Playing cards<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation         | 2<br>9:45 Exercise<br>10:30 Puzzle<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Passing Ball<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation                       | 3<br>9:45 Exercise<br>10:30 Religious reading<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Current news<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation              | 4<br>9:45 Exercise<br>10:30 Cognitive Game<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Table Game<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation                   | 5<br>9:45 Exercise<br>10:30 Ekadsahi Bhajan<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Indian Movie<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><b>Nirjala Ekadashi</b> | 6<br>9:45 Exercise<br>10:30 Coloring<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Sing Alone<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation  |
| 8<br>9:45 Exercise<br>10:30 Table Game<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Movie Time<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation   | 9<br>9:45 Exercise<br>10:30 Coloring<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Party Music<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation        | 10<br>9:45 Exercise<br>10:30 Craft<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Playing card<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><b>Vat Purnima</b> | 11<br>9:45 Exercise<br>10:30 Religious reading<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Passing Ball<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation             | 12<br>9:45 Exercise<br>10:30 Boll Toss<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Coloring<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation                         | 13<br>9:45 Exercise<br>10:30 Art and Craft<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Nail Spa<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation                                 | 14<br>9:45 Exercise<br>10:30 Sundarkand<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Bingo<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><b>Sankat Chauth</b><br>Flag Day (U.S.) |
| 15<br>9:45 Exercise<br>10:30 Table game<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Playing card<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><b>Vat Savitri/ Fathers DAY</b><br>Father's Day | 16<br>9:45 Exercise<br>10:30 Painting<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Passing Ball<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation      | 17<br>9:45 Exercise<br>10:30 Card Game<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Art and craft<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation                  | 18<br>9:45 Exercise<br>10:30 Religious reading<br>11:30 Aarti<br>2:15 Tea Time<br>3:00 Crossword/Puzzle<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation         | 19<br>9:45 Exercise<br>10:30 Ramayan reading<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Crafting<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><br>Juneteenth | 20<br>9:45 Exercise<br>10:30 Bowling<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Cognitive Game<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><br>Summer Begins            | 21<br>9:45 Exercise<br>10:30 Craft<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Yoga<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><b>World Yoga DAY</b>                         |
| 22<br>9:45 Exercise<br>10:30 Coloring<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Movie Time<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation  | 23<br>9:45 Exercise<br>10:30 Cognitive Game<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Music Chair<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation | 24<br>9:45 Exercise<br>10:30 Bingo<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Table Game<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation                         | 25<br>9:45 Exercise<br>10:30 Religious reading<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Bingo<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><b>Vat Amas</b> | 26<br>9:45 Exercise<br>10:30 Coloring<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Crafting<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><br>Ashadh sud-1      | 27<br>9:45 Exercise<br>10:30 Rath Yatra<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Boll Toss<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation<br><b>Rath Yatra</b>              | 28<br>9:45 Exercise<br>10:30 Bowling<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Antakshari<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation  |
| 29<br>9:45 Exercise<br>10:30 Table game<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Playing card<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation  | 30<br>9:45 Exercise<br>10:30 Painting<br>11:15 Aarti<br>2:15 Tea Time<br>3:00 Passing Ball<br>4:30 Aarti<br>5:00 Room Visit<br>6:30 Meditation      | <h1>June 2025</h1> <h2>CENTRAL ISLAND HEALTHCARE SOUTH-2 My Indian Program</h2>   |   |   |   |  |

Activities are held in the 2ND floor dining room unless indicated otherwise. The calendar is subject to change.