

# MERIT CENTRE SOUTH

# JUNE 2026

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| 1<br><b>Game Show Day</b>                             | 2<br><b>Rocky Road Day</b>   | 3<br><b>Repeat Day</b>                                | 4<br><b>Hug Your Cat Day</b>                          | 5<br><b>Doughnut Day</b>                              |
| <b>730 AM Coffee and 1:1</b>                          | <b>730 AM Coffee and 1:1</b>   | <b>730 AM Coffee and 1:1</b>                          | <b>730 AM Coffee and 1:1</b>                          | <b>730 AM Coffee and 1:1</b>                          |
| <b>8 AM 1:1 Games of Choice</b>                       | <b>8 AM 1:1 Games of Choice</b>  | <b>8 AM 1:1 Games of Choice</b>                       | <b>8 AM 1:1 Games of Choice</b>                       | <b>8 AM 1:1 Games of Choice</b>                       |
| <b>9 AM Current Events Discussion</b>                 | <b>9 AM Current Events Discussion</b>  | <b>9 AM Current Events Discussion</b>                 | <b>9 AM Current Events Discussion</b>                 | <b>9 AM Current Events Discussion</b>                 |
| <b>10 AM La Crosse Library</b>                        | <b>10 AM June "Spelling Bee":</b><br>using summer-themed words<br>(e.g., sunshine, barbecue,<br>vacation, picnic). | <b>10 AM Onalaska Library<br/>Museum</b>              | <b>10 AM Dahl Auto Museum</b>                         | <b>10 AM Rummage Sales</b>                            |
| <b>11 AM Exercise</b>                                 |  | <b>11 AM Exercise- Ball<br/>Drumming</b>              | <b>11 AM Exercise</b>                                 | <b>11 AM Exercise</b>                                 |
| <b>11:30 AM Lunch</b>                                 | <b>1030 AM Exercise- Ball<br/>Drumming</b>   |   | <b>11:30 AM Lunch</b>                                 | <b>11:30 AM Lunch</b>                                 |
| <b>1 PM Tabby Town Visit</b>                          | <b>12 PM Mississippi Melodies:<br/>Grumpy Old Men</b> (depart at<br>11:15, sack lunches)                           | <b>11:30 AM Lunch</b>                                 | <b>1230 PM Group Crossword<br/>Puzzle</b>             | <b>1230 PM Never Have I Ever</b>                      |
| <b>2 PM Snack</b>                                     | <b>130 PM Snack</b>  | <b>1230 PM Activity with<br/>Alison</b>               | <b>130 PM Snack</b>                                   | <b>130 PM Snack</b>                                   |
| <b>230 PM Short<br/>Stories/Jokes</b>                 | <b>2 PM Short Stories/Jokes</b>  | <b>130 PM Snack</b>                                   | <b>2 PM Short Stories/Jokes</b>                       | <b>2 PM Short Stories/Jokes</b>                       |
| <b>3 PM Daily Reflections/<br/>Participant Choice</b> | <b>3 PM Daily Reflections/<br/>Participant Choice</b>  | <b>2 PM Short Stories/Jokes</b>                       | <b>3 PM Daily Reflections/<br/>Participant Choice</b> | <b>3 PM Daily Reflections/<br/>Participant Choice</b> |
|   |  | <b>3 PM Daily Reflections/<br/>Participant Choice</b> |   |   |

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|---|---|--|---|---|
| 8<br><b>Best Friends Day</b>                      | 9<br><b>Donald Duck Day</b>   | 10<br><b>Iced Tea Day</b>  | 11<br><b>Corn on the Cob Day</b>                  | 12<br><b>Red Rose Day</b>                         |
| <b>730 AM Coffee and 1:1</b>                      | <b>730 AM Coffee and 1:1</b>  | <b>730 AM Coffee and 1:1</b>   | <b>730 AM Coffee and 1:1</b>                      | <b>730 AM Coffee and 1:1</b>                      |
| <b>8 AM 1:1 Games of Choice</b>                   | <b>8 AM 1:1 Games of Choice</b>   | <b>8 AM 1:1 Games of Choice</b>  | <b>8 AM 1:1 Games of Choice</b>                   | <b>8 AM 1:1 Games of Choice</b>                   |
| <b>9 AM Current Events Discussion</b>             | <b>9 AM Current Events Discussion</b>   | <b>9 AM "Name That June Tune":</b><br>Play the first 5 to 10 seconds of famous songs Give extra points if they can name the original artist or the year it came out. | <b>9 AM Current Events Discussion</b>             | <b>9 AM Current Events Discussion</b>             |
| <b>10 AM Make Friendship Bracelets</b>            | <b>10 AM Art/Craft</b>  |  | <b>10 AM Crystals with Steph @ MCN</b>            | <b>10 AM Coffee Shop of Choice</b>                |
| <b>11 AM Exercise</b>                             | <b>11 AM Exercise- ball drumming</b>  | <b>9:30 Nature Summer Scavenger Hunt Walk</b>  | <b>11 AM Exercise</b>                             | <b>11 AM Exercise</b>                             |
| <b>1130 AM Lunch</b>                              | <b>12 PM Mississippi Melodies: Under Paris Skies depart at 11:15, sack lunches)</b> | <b>10 AM Armchair Travel (pick a country and virtually tour on Youtube)</b>  | <b>1130 AM Lunch</b>                              | <b>1130 AM Lunch</b>                              |
| <b>1230 PM Hobby Lobby</b>                        |   | <b>11 AM Exercise- ball drumming</b>   | <b>1230 PM Hangman</b>                            | <b>1230 PM Pictionary</b>                         |
| <b>130 PM Snack</b>                               | <b>130 PM Snack</b>   | <b>1130 AM Lunch</b>   | <b>130 PM Snack</b>                               | <b>130 PM Snack</b>                               |
| <b>2 PM Short Stories/Jokes</b>                   | <b>2 PM Short Stories/Jokes</b>   | <b>1 PM Interactive Drumming Circle (at south) (MCN will join)</b>   | <b>2 PM Short Stories/Jokes</b>                   | <b>2 PM Short Stories/Jokes</b>                   |
| <b>3 PM Daily Reflections/ Participant Choice</b> | <b>3 PM Daily Reflections/ Participant Choice</b>                                   | <b>130 PM Snack</b>  | <b>3 PM Daily Reflections/ Participant Choice</b> | <b>3 PM Daily Reflections/ Participant Choice</b> |
|   |   | <b>2 PM Short Stories/Jokes</b>  |   |   |
|   |   | <b>3 PM Daily Reflections/ Participant Choice</b>  |   |   |

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| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <p>15<br/><b>Nature Photography Day</b></p> <p><b>730 AM Coffee and 1:1</b></p> <p><b>8 AM 1:1 Games of Choice</b></p> <p><b>9 AM Current Events Discussion</b></p> <p><b>10 AM Pool Noodle Fishing</b></p> <p><b>11 AM Exercise</b></p> <p><b>1130 AM Lunch</b></p> <p><b>1230 PM Friendship Gardens and walking trail</b></p> <p><b>130 PM Snack</b></p> <p><b>2 PM Short Stories/Jokes</b></p> <p><b>3 PM Daily Reflections/ Participant Choice</b></p> | <p>16<br/><b>Fudge Day</b></p> <p><b>NASA FISHING TRIP @ CAMP DECORAH.</b> Depart at 8:30/8:45am; return by 2pm.</p> <p><b>230 PM Snack</b></p> <p><b>3 PM Daily Reflections/ Participant Choice</b></p> | <p>17<br/><b>Root Beer Day</b></p> <p><b>730 AM Coffee and 1:1</b></p> <p><b>8 AM 1:1 Games of Choice</b></p> <p><b>9 AM Current Events Discussion</b></p> <p><b>10 AM Onalaska Library Museum</b></p> <p><b>11 AM Exercise- Fly Swatter Balloon Tennis:</b> Divide the room into two seated teams. Hand out clean plastic fly swatters and launch a balloon into the air, challenging the teams to keep it afloat</p> <p><b>1130 AM Lunch</b></p> <p><b>1230 PM Activity with Alison</b></p> <p><b>130 PM Snack</b></p> <p><b>2 PM Short Stories/Jokes</b></p> <p><b>3 PM Daily Reflections/ Participant Choice</b></p> | <p>18<br/><b>Splurge Day</b></p> <p><b>730 AM Coffee and 1:1</b></p> <p><b>8 AM 1:1 Games of Choice</b></p> <p><b>9 AM Current Events Discussion</b></p> <p><b>10 AM Fly Swatter Balloon Tennis:</b> Divide the room into two seated teams. Hand out clean plastic fly swatters and launch a balloon into the air, challenging the teams to keep it afloat and swat it back and forth.</p> <p><b>11 AM Exercise</b></p> <p><b>1130 AM Lunch</b></p> <p><b>1230 PM Craft Barn in Galesville</b></p> <p><b>130 PM Snack</b></p> <p><b>2 PM Chair Beach Ball Toss:</b> Sit in a tight circle and use an inflated beach ball for a gentle, low-impact game of indoor volleyball. It keeps everyone moving safely from a seated position.</p> <p><b>3 PM Daily Reflections/ Participant Choice</b></p> | <p>19<br/><b>Wear Blue Day</b></p> <p><b>730 AM Coffee and 1:1</b></p> <p><b>8 AM 1:1 Games of Choice</b></p> <p><b>9 AM Current Events Discussion</b></p> <p><b>10 AM Culvers</b></p> <p><b>11 AM Exercise</b></p> <p><b>1130 AM Lunch</b></p> <p><b>1230 PM Seated "Pool Noodles" Hockey:</b> Place a laundry basket in the center of the room. Hand out cut-up pool noodles as hockey sticks and let participants try to swat a balloon into the basket.</p> <p><b>130 PM Snack</b></p> <p><b>2 PM Short Stories/Jokes</b></p> <p><b>3 PM Daily Reflections/ Participant Choice</b></p> |

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| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <p>22</p> <p><b>Chocolate Éclair Day</b></p> <p>730 AM Coffee and 1:1</p> <p>8 AM 1:1 Games of Choice</p> <p>9 AM Current Events Discussion</p> <p>10 AM Bingo @ MCS</p> <p>11 AM Exercise</p> <p>1130 AM Lunch</p> <p>1230 PM Dollar Tree</p> <p>130 PM Snack</p> <p>2 PM Short Stories/Jokes</p> <p>3 PM Daily Reflections/ Participant Choice</p> | <p>23</p> <p><b>Hydration Day</b></p> <p>730 AM Coffee and 1:1</p> <p>8 AM 1:1 Games of Choice</p> <p>9 AM Current Events Discussion</p> <p>10 AM DIY Bird Feeders Roll pinecones or cardboard toilet paper tubes in peanut butter and birdseed.</p> <p>11 AM Exercise- ball drumming</p> <p>1130 AM Lunch</p> <p>12 PM Mississippi Melodies: Star Geezers (Depart @ 1115am, sack lunches)</p> <p>130 PM Snack</p> <p>2 PM Short Stories/Jokes</p> <p>3 PM Daily Reflections/ Participant Choice</p> | <p>24</p> <p><b>Patch Day</b></p> <p>730 AM Coffee and 1:1</p> <p>8 AM 1:1 Games of Choice</p> <p>9 AM Current Events Discussion</p> <p>10 AM Goose Island</p> <p>11 AM Exercise- ball drumming</p> <p>1130 AM Lunch</p> <p>1230 PM Armchair Travel</p> <p>130 PM Snack</p> <p>2 PM Short Stories/Jokes</p> <p>3 PM Daily Reflections/ Participant Choice</p> | <p>25</p> <p><b>Handshake Day</b></p> <p>730 AM Coffee and 1:1</p> <p>8 AM 1:1 Games of Choice</p> <p>9 AM Current Events Discussion</p> <p>10 AM Eagle Overlook</p> <p>11 AM Exercise</p> <p>1130 AM Lunch</p> <p>1230 PM Indoor "campfire" and sing-along (Arrange chairs in a circle around a campfire tv screensaver and sing classic summer songs like "Home on the Range" or "You Are My Sunshine" using simple rhythm instruments.)</p> <p>130 PM Snack</p> <p>2 PM Short Stories/Jokes</p> <p>3 PM Daily Reflections/ Participant Choice</p> | <p>26</p> <p><b>Coconut Day</b></p> <p>730 AM Coffee and 1:1</p> <p>8 AM 1:1 Games of Choice</p> <p>9 AM Current Events Discussion</p> <p>10 AM Bingo @ MCN</p> <p>11 AM Exercise</p> <p>1130 AM Lunch</p> <p>1230 PM Karaoke</p> <p>130 PM Snack</p> <p>2 PM Short Stories/Jokes</p> <p>3 PM Daily Reflections/ Participant Choice</p> |

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# JUNE 2026

|   |   |  |   |   |
|---|---|--|---|---|
| <p>29</p> <p><b>Darts Day</b></p> <p><b>730 AM Coffee and 1:1</b></p> <p><b>8 AM 1:1 Games of Choice</b></p> <p><b>9 AM Current Events Discussion</b></p> <p><b>10 AM Art of participant's choice</b></p> <p><b>11 AM Exercise</b></p> <p><b>1130 AM Lunch</b></p> <p><b>1230 PM Bingo @ MCN</b></p> <p><b>130 PM Snack</b></p> <p><b>2 PM Short Stories/Jokes</b></p> <p><b>3 PM Daily Reflections/ Participant Choice</b></p> | <p>30</p> <p><b>Meteor Watch Day</b></p> <p><b>730 AM Coffee and 1:1</b></p> <p><b>8 AM 1:1 Games of Choice</b></p> <p><b>9 AM Current Events Discussion</b></p> <p><b>10 AM Armchair Travel (pick a country and virtually tour on youtube)</b></p> <p><b>11 AM Exercise</b></p> <p><b>1130 AM Lunch</b></p> <p><b>12 PM Mississippi Melodies: Big Strum (depart @ 1115am, sack lunches)</b></p> <p><b>130 PM Snack</b></p> <p><b>2 PM Short Stories/Jokes</b></p> <p><b>3 PM Daily Reflections/ Participant Choice</b></p> |  |  |  |
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