

# Cahill Chronicle



## June Classes 2022



### **Chair Fit and Fabulous Mondays, 10:30am-11:30am 6/6-8/29**

All levels welcome in this virtual exercise class. Exercise at your own pace and comfort level, using a chair or standing. Stay after class on Zoom to socialize! **FREE.**

**Virtual Code: 74052**

### **Simple Cooking for Seniors Wednesdays, 11:00am-12:30pm 6/1-8/31**

Learn to love cooking! Make easy to follow recipes with minimal ingredients while discussing eating on a budget and balanced nutrition. This class includes a recipe book and cooking demonstration. **FREE. In-Person: 74061 (In Person is FULL); Virtual Code: 74062**

### **Chair Fit and Extra Fabulous Thursdays 10:30am-11:30am 6/2-8/25**

Exercise at your own pace using a chair or standing. Similar to Chair Fit & Fabulous with additional equipment and exercises. Equipment will be provided. **FREE.**

**Virtual Code: 74053**

### **Birthday Bingo Thursday, 12:00pm-1:30pm 6/9**

Join us as we celebrate the month's birthdays. Play bingo for useful household & grocery items.

**FEE: RTA \$2 / Non-RTA \$3 Code: 74054**

### **Crafts with Carol Thursday, 12:00pm-1:30pm 6/16**

Get creative and socialize with friends in this fun monthly craft class. Supplies and instructions will be provided. No artistic experience necessary! Come early and bring your lunch for some extra socializing. **FREE. Code: 74056 Space is limited.**

### **BYO Brown Bag Lunch & Bingo Tuesday, 11:30 am 6/21**

Something new for Cahill! On the Tuesday before our monthly Event, we are inviting everyone to "Bring Your Own Brown Bag Lunch", relax in the cool multipurpose room, visit with friends & then play **BINGO**. Cahill will provide drinks. **FREE (except for your Bingo cards).**

### **Father's Day Lunch Friday, 12:00 pm-1:30pm 6/24**

Let's celebrate the Dads in our lives with some BBQ. Join us for Lunch, games & entertainment. Menu: BBQ Pulled Pork sandwiches, coleslaw, potato medley & Dessert.

**FEE: RTA \$5.00 / Non-RTA: \$6.00 Code: 74058**

### **Senior Social Fridays, 11:00 am-12:00pm 6/3-8/26**

Get some facetime with old friends and make new ones along the way! Learn creative ways to stay connected & keep sharp. This class includes an adult activity book. **FREE.**

**Virtual Code: 74891**

## **Terrific Tuesday \$3 Lunch 11:30am**

Join us for our fresh and delicious Tuesday Lunches at 11:30am for only \$3.

Then stay and join us for Bingo.

**Please register by the Thursday before the lunch date. Space is limited.**

6/7	Beefy Baked Ravioli, salad & French bread	Code: 74802
6/14	Rosemary Chicken, new potatoes & salad	Code: 74803
6/28	Chicken Caesar Salad, fresh fruit & roll	Code: 74804

# FATHER'S DAY LUNCH



**June 24th**  
**12:00 noon**

**\$5 RTA / Non RTA \$6**

**In-Person Code: 74058**

*Let's BBQ and celebrate the Dads in our lives!  
Join us at Cahill for lunch and entertainment!  
Menu: BBQ Pulled Pork Sandwich, Cole Slaw, Potato  
Medley and Dessert*

## Joan's Other Classes that might interest you!

Joan has other classes that we thought you might enjoy.  
See partial list below.

For full details or questions, just ask Cahill front desk, or  
Contact Christina at her Office: 480-350-5521.

**NOTE: These classes do have a fee attached, that fee runs  
about \$5 per class.**

Exercise: Cardio Power-Virtual; Tues, 6/7-8/23; 9-10 am. 74038

Exercise: Core Power-Virtual; Mon, 6/6 -8/22, 9-10 am.- 73991

Exercise; Core Power-Virtual; Wed. 6/8 - 8/24, 9-10 am - 73989

Exercise; Core Power-Virtual; Fri, 6/10-8/26, 9-10 am. - 73990

Yoga; Lunchtime Yoga-Virtual; Mon, 6/6-8/22, 12:15-1:15 pm. - 74022

Yoga; Stretch and Relaxation-Virtual; Thur, 6/9-8/25, 9-10 am - 74030

## BYO Brown Bag Lunch on Tuesday 6/21/22.

Starting at 11:30 am; on Tuesday, 6/21, bring in your  
own lunch (in any color bag you like), relax & visit  
with your friends. Cahill will provide the drinks.  
Immediately following your lunch, we will Play Bingo.  
**FREE**

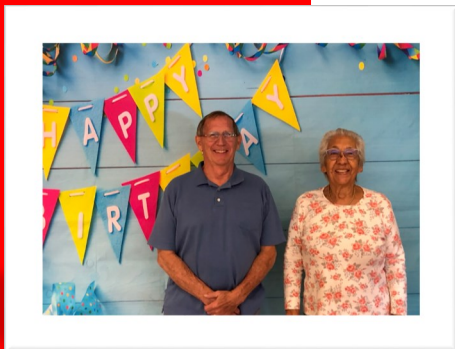
(except for normal Bingo charge)

Bingo will start around 12 noon.



# Cahill Social - June

## May's Birthdays



### June

- 3. Lorna Scooler
- 4. Sara Johnson
- 4. Ralph Ruelas
- 8. Sammye Love
- 14. Olivia Ortega
- 18. Carol Thomas
- 19. Dianne Fuhrwerk
- 19. Lori Lott
- 20. Pat Hagen
- 21. John Gengler
- 21. Virginia Kitts
- 21. Anna Zavala
- 27. Kathleen O'Malley
- 28. Walter Frazer

### July

- 1. Esther Gengler
- 3. Shirley Ouellette
- 16. Bonnie Ewearitt
- 19. David Montana
- 22. Dee Montgomery
- 23. Norma Witt
- 23. Anna Torrellas
- 24. Joyce Reigelsberge
- 26. Alicia Riveria



## MOTHER'S DAY EVENT



## CRAFTS WITH CAROL!

Thursday 6/16/22 12 noon—1:30 pm  
 Get creative & socialize with friends in this months fun craft class. Join us for Adult Coloring in the airconditioned Cahill Multipurpose room. Supplies & instructions will be provided. No artistic experience necessary!

Code: 74056 FREE

Come early, bring your lunch & get social before class.



# Cahill June 2022



Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1 11:00 am <b>Simple Cooking for Seniors - FREE</b> In-Person: 74061 <b>FULL</b> Virtual Code: 74062</p>	<p>2 10:30 am <b>Chair Fit &amp; Extra Fabulous - FREE</b> Virtual Code: 74053</p>	<p>3 11:00 am <b>Senior Social - FREE</b> <b>6/3 - 8/26</b> Virtual Code: 74891</p>
<p>6 10:30 am <b>Chair Fit &amp; Fabulous - FREE</b> Virtual Code: 74052</p>	<p>7 11:30 am <b>\$3.00 Lunch</b> Menu: Beefy Bkd Ravioli, green beans &amp; French bread. Code: 74802  <b>BINGO</b></p>	<p>8 11:00 am <b>Simple Cooking for Seniors - FREE</b> In-Person: 74061 <b>FULL</b> Virtual Code: 74062</p>	<p>9 10:30 am <b>Chair Fit &amp; Extra Fabulous - FREE</b> Virtual Code: 74053  12:00pm <b>Birthday Bingo</b> <b>Fee: \$2/\$3</b> Code: 74054 </p>	<p>10 11:00 am <b>Senior Social - FREE</b> <b>6/3-8/26</b> Virtual Code: 74891</p>
<p>13 10:30 am <b>Chair Fit &amp; Fabulous - FREE</b> Virtual Code: 74052</p>	<p>14 11:30 am <b>\$3.00 Lunch</b> Menu: Rosemary Chicken, new potatoes &amp; salad Code: 74803  <b>BINGO</b></p>	<p>15 11:00 am <b>Simple Cooking for Seniors - FREE</b> In-Person: 74061 <b>FULL</b> Virtual Code: 74062</p>	<p>16 10:30 am <b>Chair Fit &amp; Extra Fabulous - FREE</b> Virtual Code: 74053  12:00 pm <b>Crafts with Carol - FREE</b> Code: 74056</p>	<p>17 11:00 am <b>Senior Social - FREE</b> <b>6/3-8/26</b> Virtual Code: 74891</p>
<p>20 10:30 am <b>Chair Fit &amp; Fabulous - FREE</b> Virtual Code: 74052</p>	<p>21 11:30 am <b>BYO Brown Bag Lunch - FREE</b>  <b>BINGO</b></p>	<p>22 11:00 am <b>Simple Cooking for Seniors - FREE</b> In-Person: 74061 <b>FULL</b> Virtual Code: 74062</p>	<p>23 10:30 am <b>Chair Fit &amp; Extra Fabulous - FREE</b> Virtual Code: 74053</p>	<p>24 12 Noon <b>Father's Day Lunch</b> <b>FEE: \$5/\$6</b> Menu: BBQ Pork Sandwich, coleslaw, potato medley &amp; Dessert. Code: 74058</p>
<p>27 10:30 am <b>Chair Fit &amp; Fabulous - FREE</b> Virtual Code: 74052</p>	<p>28 11:30 am <b>\$3.00 Lunch</b> Menu: Chicken Caesar Salad, fresh fruit &amp; roll Code: 74804  <b>BINGO</b></p>	<p>29 11:00 am <b>Simple Cooking for Seniors - FREE</b> In-Person: 74061 <b>FULL</b> Virtual Code: 74062</p>	<p>30 10:30 am <b>Chair Fit &amp; Extra Fabulous - FREE</b> Virtual Code: 74053</p>	