






# JUNE 2026

# Senior Connection

*A Newsletter for Active Adults 50+  
June 2026 - Volume 14, Issue 6*

M	TU	W	TH	F	S
<b>1</b> Total Brain Health: Brain Workout 1.0 10-11a.m.	 <b>2</b> Bingo & Lunch to Go 10:30a.m.-1p.m.	<b>3</b> Memory Screening 2-3p.m. Piece Finders Puzzle Club 1-3p.m.	 <b>4</b> Movie Night 5:30-8:30 p.m.	<b>5</b>	<b>6</b>
<b>8</b> Total Brain Health: Brain Workout 1.0 10-11a.m.	<b>9</b> Bargain & Bites 11 a.m. - 1 p.m.	<b>10</b> Munch & Mingle 11a.m.-12p.m. Piece Finders Puzzle Club 1-3p.m.	<b>11</b> Get Out & Go 11 a.m. - 1 p.m.	<b>12</b>	<b>13</b>
<b>15</b> Total Brain Health: Brain Workout 1.0 10-11a.m.	 <b>16</b> Bingo & Lunch to Go 10:30a.m.-1p.m.	 <b>17</b> Piece Finders Puzzle Club 1-3p.m.	<b>18</b> Field Trip 3p.m.-10p.m.	<b>19</b>	<b>20</b>
<b>22</b> Total Brain Health: Brain Workout 1.0 10-11a.m.	<b>23</b> Medicare Education Class 3 - 4 p.m.	 <b>24</b> Piece Finders Puzzle Club 1-3p.m.	<b>25</b>	<b>26</b> Field Trip 9 a.m. - 4 p.m.	<b>27</b>
<b>29</b> Total Brain Health: Brain Workout 1.0 10-11a.m.	<b>30</b> Food for Thought 9-10 a.m. Book Club 1-2p.m.				



## Total Brain Health: Brain Workout 1.0

Total Brain Health is dedicated to empowering adults 50+ with scientifically grounded brain fitness educational programs. Established in 2015, the program delivers powerful interventions tied to the science and founded on a body, mind, spirit, and social approach for healthy aging and improved cognition. After each class, you will receive optional "homework" to take with you to engage with family and friends. This class will be taught by Amie Hardin, a registered dietitian with over 30 years experience in the nutrition and wellness area. Each week will focus on activities to engage our body, mind, and spirit, in a group setting with others from the community.

# MARK YOUR CALENDAR

## Programs

### Bingo & Lunch To-Go

**Tuesday, June 2 and 16 from 10:30 a.m. - 1 p.m.**

Join us for bingo and lunch. **Registration required by the Friday before! \$10 per person.**

### Piece Finders

**Wednesday, June 3 and 17 from 1 p.m. - 3 p.m.**

Join us for Puzzle Club. Puzzles and tables are provided, or bring your own. Snacks included **FREE**.

### Munch & Mingle

**Wednesday, June 10 from 11 a.m. - 1 p.m.**

Come hang out with old friends and meet new ones over lunch at Latin Table. **Participants provide their own transportation and money for lunch.**

### Food for Thought

**Tuesday, June 30 from 9-10 a.m.**

This month's speaker will be Kristy Butler from Home Care Assistance. **Registration required by the Friday before. FREE.**

### Book Club

**Tuesday, June 30 from 1-2 p.m.**

Meet us at the Harris Center for the Read and Reflect Book Club. This month's discussion features *West with Giraffes* by Lynda Rutledge. **FREE.**

### Get Out & Go!

**Thursday, June 11 from 11 a.m. - 1 p.m.**

We will be having a picnic at Kiesel Park this month! **\$5/person.**

### Harris Center Cinema

**Thursday, June 4 from 5:30-8:30 p.m.**

Join us for pizza and a movie night. This month we will be featuring Springsteen: Deliver Me From Nowhere. **\$10/person.**

### Bargain & Bites

**Wednesday, June 9 from 11 a.m. - 1 p.m.**

We will meet for lunch at McAlister's Deli and then head to Harvest Thrift. **Bring money for lunch and shopping.**

## Field Trips

### Medieval Times - Atlanta, GA

**Thursday, June 18 from 3-10 p.m.**

Escape into a world of knights, pageantry, and lively medieval spectacle. Guests can enjoy the comfort of an indoor, accessible arena while watching jousting, horsemanship, and falconry unfold. A meal will be served during the show. This trip blends history, fun, and fellowship, making it a memorable outing for all. **\$80/person.**

### Tanger Outlets Locust Grove, GA

**Friday, June 26 from 9 a.m.-4 p.m.**

Enjoy a relaxing shopping trip to the Locust Grove Outlets, where you can browse stores at your own pace, enjoy lunch and socializing in an accessible environment with easy walking paths. **\$10/person. Bring additional money for lunch and shopping.**

## Word Scramble

In the Northern Hemisphere, June is the month when summer officially begins, and school is out for a long break full of fun and sunshine. Can you figure out the seasonal vocabulary words by unscrambling the letters?



ATFHRE \_\_\_\_\_

DNDEGWI \_\_\_\_\_

DUORTIAANG \_\_\_\_\_

CBAHE \_\_\_\_\_

OUYEELSNHKC \_\_\_\_\_

AIOPT \_\_\_\_\_

IVOACTAN \_\_\_\_\_

URSMME \_\_\_\_\_

OUTOSODR \_\_\_\_\_

JEUN \_\_\_\_\_

TSNINE \_\_\_\_\_

AEDEONLM \_\_\_\_\_

FRFIEYL \_\_\_\_\_

AEBRCBEU \_\_\_\_\_

LOTIECSS \_\_\_\_\_

TOSRHS \_\_\_\_\_

OLGF \_\_\_\_\_

NIGKIB \_\_\_\_\_

LDMIPAO \_\_\_\_\_

GAENRD \_\_\_\_\_

PTIR \_\_\_\_\_

GFLA \_\_\_\_\_

ATRRESRBYW \_\_\_\_\_

BRAKE \_\_\_\_\_