

# Conover Center June 2026














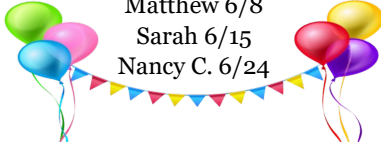




## Mon

## Tues

## Wed

## Thurs

## Fri

<p>1 10:30—Outing: Walmart 11—BINGO 1—Mental Health Monday: Article Read and Review 2—Participant Council Meeting</p>	<p>2 (Pot Luck) 10:30—Outing: Bowling @ Pin Station 12:45—Volunteering: Ashure 1—Activity: Give me a Minute Madlib 2—Word of the Day </p>	<p>3 10:30—Guest: Faith the Comfort Dog / Walking Group 11—Group: Skills for Regulating Emotion 12:45—Volunteering: Ashure 1—Activity: Color Go Around 2—Word of the Day</p>	<p>4 10—Volunteering: Ashure (2hr) 11—Activity: Jeopardy 1—Coping Skill Group 2—Word of the Day </p>	<p>5 10:30—Outing: Ross 11—Activity: Guessing Game 1—Current Events &amp; News 1:30—Outing: Library &amp; Park 2—Peer Group </p>
<p>8 10:30—Outing: Walmart 11—BINGO 1—Mental Health Monday: Post Traumatic Stress Disorder 2—Mindfulness Monday </p>	<p>9 10:30—Outing: Food Bank &amp; Bread Store 11—Craft: Seed Planting 12:45—Volunteering: Ashure 1—Group: How to Practice Self- Acceptance with ACT 2—Word of the Day</p>	<p>10 10—Volunteering: Ashure (2hr) 10:30—Walking Group / Outing: Hickory Farmers Market 11—Activity: Healthy Environment /oHang-Man 1—Group: Schema Pattern Finder— Making Sense of Emotional Patterns 2—Word of the Day</p>	<p>11 10:30—Outing: Thrift Shopping 11—Activity: Family Feud 12:45—Volunteering: Ashure 1—Coping Skill Group 2—Word of the Day </p>	<p>12 10—Cooking Class: Make Your Own Pizza 10:30—Movie @ Center 1—Current Events &amp; News 1:30—Outing: Library &amp; Park 2—Peer Group </p>
<p>15 10:30—Outing: Walmart 11—BINGO 1—Mental Health Monday: Article Read and Review 2—Mindfulness Monday </p>	<p>16 10:30—Outing: Dollar Tree 11—Cooking Class: Southern Supper 12:45—Volunteering: Ashure 1—Activity: How am I Coping? 2—Word of the Day</p>	<p>17 10:30—Guest: Faith the Comfort Dog / Walking Group / Volunteering: Meals on Wheels 11—Activity: Share &amp; Tell 12:45—Volunteering: Ashure 1—Activity: Tossing Kindness 2—Word of the Day</p>	<p>18 10—Volunteering: Ashure (2hr) 11—Activity: Jeopardy 1—Coping Skill Group 2—Guest: Melanie Catawba Co. EMS—CPR/AED </p>	<p><b>19 Juneteenth</b> 10—Outing: Carolina Theater (<b>\$6.00</b>) 1—Current Events &amp; News 1:30—Outing: Library &amp; Park 2—Peer Group </p>
<p>22 10:30—Outing: Walmart 11—BINGO 12—Gentleman’s Lunch (Wendy’s) 1—Mental Health Monday: Brain Health Across Life 2—Mindfulness Monday </p>	<p>23 10:30—Outing: Food Bank &amp; Bread Store 11—Craft: Mini Bird House 12:45—Volunteering: Ashure 1—Group: How to Build a Personal Strength Stack 2—Word of the Day</p>	<p>24 10—Volunteering: Ashure (2hr) 10:30—Walking Group / Volunteering: Meals on Wheels 11—Activity: Add to the Gratitude 1—Group: Cognitive Problems after TBI 2—Word of the Day</p>	<p>25 10:30—Outing: Thrift Shopping 11—Activity: Family Feud 12:45—Volunteering: Ashure 1—Coping Skill Group 2—Word of the Day </p>	<p>26 10:30—Current Events &amp; News 11—Cooking Class: Cookout / Outing: Library &amp; Park 1—Porch Party w/ Games, Make your Own Sundae &amp; Music by Andrew “DJ” Vernon 2—Peer Group </p>
<p>29 10:30—Outing: Walmart 11—BINGO 1—Mental Health Monday: Article Read and Review 2—Mindfulness Monday</p>	<p>30 10—Picnic Prep  10:30—Outing: Picnic at Mountain Creek Park 1:30—Volunteering: Ashure / Activity: Cards to Know You 2—Word of the Day</p>	<p><b>Birthdays</b> Jonathan 6/7 Ruth 6/7 Matthew 6/8 Sarah 6/15 Nancy C. 6/24 </p>	<p><b>Anniversaries</b> Michael 6/7—5yrs Nathan 6/27—2yrs </p>	<p><b>Monthly Appreciation &amp; Awareness</b>  Pride Month  African American Alzheimer’s &amp; Brain PTSD </p>