

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00 Bus Outing 10:00 Morning Stretch 2:00 Games 7:00 Art Activity 1	10:00 Walking Club 2:00 Music with William Louzat 7:00 Card Games 2
10:00 Hula Hoop Exercise 2:00 Bingo 7:00 One on One 3	9:00 Bus Outing 10:00 Yoga Moves 1:00 Bible Study 2:30 Music with Sammie Angel 4:00 Afternoon Gathering 4	10:00 Seniorsize 10:45 Bus Outing 2:00 Meditative Coloring 4:00 Card Games of Choice 5	9:00 Bus Outing 10:00 Stretching & Flexibility 1:30 Gerald Lachance 3:00 Manicures & or Hand Massage 7:00 Evening Stroll 6	10:00 Move to the Music 10:45 Bus Outing 2:00 Going Postal meet in the Coffee Bar For your Mailing needs. 7:00 One on Ones 7	9:00 Bus Outing 10:00 Morning Stretch and Move 2:30 Music with Shawn Hennessey 8	10:00 Weekend Walking Club 2:00 Games, Art, Whatever Goes! 7:00 Evening Stretching 9
10:00 Seniorsize 2:00 Hot Cocoa & Cookie Social 4:00 Card Games Resident's Choice 10	9:00 Bus Outing 10:00 Morning Stretch with Walking 1:00 Bible Study 3:00 Music with Billy Jo Lake 11	10:00 Move to the Music 10:45 Bus Outing 2:00 Crafts 7:00 Evening Stroll 12	9:00 Bus Outing 10:00 Stretching and Flexibility 2:00 Manicures & or Hand Massage 13	10:00 Yoga Moves & Exercise 10:45 Bus Outing 2:00 Corn Hole or other Active Game 14	9:00 Shopping Trip 10:00 Walking Group 2:00 Explore Our Library, See what we need for Reading Material 7:00 Evening Arts 15	10:00 Exercise of Residents Choice 2:00 Painting 7:00 Games 16
10:00 Sunday Stroll 2:00 Cards and Snacks 7:00 Meditative Coloring 17	9:00 Bus Outing 10:00 Get the Week Moving Exercise 1:00 Bible Study 3:00 Music with David Stone 18	10:00 Seniorsize 10:45 Bus Outing 2:00 Crafting 7:00 Evening Stroll 19	9:00 Bus Outing 10:00 Walking & Stretching 3:00 Manicures & or Hand Massage w/ Lotion 20	10:00 Morning Stretch 10:45 Bus Outing 2:00 Music with Rob Duquette 7:00 Evening Stroll 21	9:00 Bus Outing Resident's Choice 10:00 Exercise 2:00 Crafting 7:00 Evening Social Gathering 22	10:00 Weekend Walking Club (Outside?) 2:00 Active Games Corn Hole, Bowling, Ring Toss 23
10:00 Morning Stretch 2:00 Ice Cream Social 4:00 Games, Cards or Board Games 24	9:00 Buss Outing 10:00 Seniorsize 2:00 Painting, Coloring, or other Art Activity 4:00 Games 25	10:00 Move to the Music 10:45 Bus Outing 2:00 Card Games 7:00 Evening Stroll 26	9:00 Bus Outing 10:00 Yoga & Stretching 2:00 Corn Hole 4:00 Manicures 27	10:00 Walking Group w Stretching 10:45 Bus Outing 2:00 Resident's Choice 28		

