

Sample Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:30 Mid Week Movement 11:15 Guided Meditation 2:00 Spa Time 2:30 Paint and Pour with Monica 3:00 Fruity Smoothies 3:45 Circle of Knowledge 6:30 Mid Week Movie	2 10:30 Nature Walk 11:00 Mobility Exercise 1:15 TED Talks 1:30 Art with Monica 2:30 Bingo Time 3:45 Circle of Knowledge 6:30 Evening Movie	3 10:30 Friday Fitness 11:15 Guided Meditation 1:00 Nature Walk 2:30 Mix and Mingle Happy Hour 3:45 Circle of Knowledge 6:30 TGIF Movie	4 10:30 Sit and Stretch 11:00 Adult Coloring 1:15 Nature Walk 3:00 Bingo with Lily 4:00 Chat Around 6:30 Saturday Sitcom
5 10:00 TV Catholic Mass 10:30 Independent Sunday Stretch 11:00 Independent Games 1:15 Nature Walk 2:30 Circle of Knowledge 4:00 Chat Time 6:30 Movie Night	6 10:30 Morning Exercise 11:15 Art Expression 1:15 Documentary Time 2:00 Jewelry Class 3:45 Circle of Knowledge 6:30 Movie Night	7 9:30 Shopping Trip 10:15 Baking with Lily 11:00 Mobility Exercise 12:00 AL Outing to The Movies 2:30 Bingo, Bingo 3:45 Circle of Knowledge 6:30 Tuesday Movie	8 10:30 Mid Week Movement 11:15 Guided Meditation 2:00 Spa Time 3:00 Fruity Smoothies 3:45 Circle of Knowledge 6:30 Mid Week Movie	9 10:30 Nature Walk 11:00 Mobility Exercise 1:15 TED Talks 1:30 Art with Monica 2:30 Bingo Time 3:45 Circle of Knowledge 6:30 Evening Movie	10 10:00 Intergenerational Group 10:30 Friday Fitness 11:15 Guided Meditation 1:00 Nature Walk 2:30 Mix and Mingle Happy Hour 3:45 Circle of Knowledge 6:30 TGIF Movie	11 10:30 Sit and Stretch 11:00 Adult Coloring 1:15 Nature Walk 3:00 Bingo with Lily 3:30 Music with The Sedgwick's 4:00 Chat Around 6:30 Saturday Sitcom
12 10:00 TV Catholic Mass 10:30 Independent Sunday Stretch 11:00 Independent Games 1:15 Nature Walk 2:30 Circle of Knowledge 4:00 Chat Time 6:30 Movie Night	13 10:30 Morning Exercise 11:15 Art Expression 1:15 Documentary Time 2:00 Jewelry Class 3:45 Circle of Knowledge 6:30 Movie Night	14 9:30 Shopping Trip 10:15 Baking with Lily 11:00 Mobility Exercise 11:45 AL Lunch Outing to Olive Garden 2:30 Bingo, Bingo 3:45 Circle of Knowledge 6:30 Tuesday Movie	15 10:30 Mid Week Movement 11:15 Guided Meditation 2:00 Spa Time 3:00 Fruity Smoothies 3:45 Circle of Knowledge 6:30 Mid Week Movie	16 10:30 Nature Walk 11:00 Mobility Exercise 1:15 TED Talks 1:30 Art with Monica 2:30 Music with Bob Gianotti 2:30 Bingo Time 3:45 Circle of Knowledge 6:30 Evening Movie	17 10:30 Friday Fitness 11:15 Guided Meditation 1:00 Nature Walk 2:00 St. Patrick's Mix and Mingle with Mike 3:45 Circle of Knowledge 6:30 TGIF Movie	18 10:30 Sit and Stretch 11:00 Adult Coloring 1:15 Nature Walk 3:00 Bingo with Lily 4:00 Chat Around 6:30 Saturday Sitcom
19 10:00 TV Catholic Mass 10:30 Independent Sunday Stretch 11:00 Independent Games 1:15 Nature Walk 1:30 St. Joseph's Day Zeppoli Social 2:30 Circle of Knowledge 4:00 Chat Time 6:30 Movie Night	20 10:30 Morning Exercise 11:15 Art Expression 1:15 Documentary Time 2:00 1st Day of Spring High Tea Party 3:45 Circle of Knowledge 6:30 Movie Night	21 9:30 Shopping Trip 10:15 Baking with Lily 11:00 Mobility Exercise 12:00 AL Outing 2:30 Bingo, Bingo 3:45 Circle of Knowledge 6:30 Tuesday Movie	22 10:30 Mid Week Movement 11:15 Guided Meditation 2:00 LC Arts Sip and Paint - Cherry Blossoms 2:00 Spa Time 3:00 Fruity Smoothies 3:45 Circle of Knowledge 6:30 Mid Week Movie	23 10:30 Nature Walk 11:00 Mobility Exercise 1:15 TED Talks 1:30 Art with Monica 2:30 Bingo Time 3:45 Circle of Knowledge 6:30 Evening Movie	24 10:30 Friday Fitness 11:15 Guided Meditation 1:00 Nature Walk 2:30 Mix and Mingle Happy Hour 3:45 Circle of Knowledge 6:30 TGIF Movie	25 10:30 Sit and Stretch 11:00 Adult Coloring 1:15 Nature Walk 3:00 Bingo with Lily 4:00 Chat Around 6:30 Saturday Sitcom
26 10:00 TV Catholic Mass 10:30 Independent Sunday Stretch 11:00 Independent Games 1:15 Nature Walk 2:30 Circle of Knowledge 4:00 Chat Time 6:30 Movie Night	27 10:30 Morning Exercise 11:15 Art Expression 1:15 Documentary Time 2:00 Jewelry Class 3:45 Circle of Knowledge 6:30 Movie Night	28 9:30 Shopping Trip 10:15 Baking with Lily 11:00 Mobility Exercise 12:00 AL Outing 2:30 Bingo, Bingo 3:45 Circle of Knowledge 6:30 Tuesday Movie	29 10:30 Mid Week Movement 11:15 Guided Meditation 1:30 Food Committee 2:00 Spa Time 2:30 Paint and Pour with Monica 3:00 Fruity Smoothies 3:45 Circle of Knowledge 6:30 Mid Week Movie	30 10:30 Nature Walk 11:00 Mobility Exercise 1:15 TED Talks 1:30 Art with Monica 2:00 Resident Council 2:30 Bingo Time 3:45 Circle of Knowledge 6:30 Evening Movie	31 10:30 Friday Fitness 11:15 Guided Meditation 1:00 Nature Walk 2:30 Mix and Mingle Happy Hour 3:45 Circle of Knowledge 6:30 TGIF Movie	