

Weekly Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 🚶 Morning Walk	9:00 🚶 Morning Walk	9:00 🚶 Morning Walk	9:00 🚶 Morning Walk	9:00 🚶 Morning Walk	9:00 🚶 Morning Walk	9:00 🚶 Morning Walk
9:30 🚶 Seated Soccer / "Football"	9:30 🚶 Table Ball / Table Pong	9:30 🚶 Sittercise	9:30 🚶 Mimicked stretching	9:30 🚶 "Dear Diane" Letter Writing	9:30 🚶 Home Stretch Derby	9:30 🚶 Badminton
10:00 🚶 Infusion Bar	10:00 🚶 Infusion Bar	10:00 🚶 Infusion Bar	10:00 🚶 Infusion Bar	10:00 🚶 Infusion Bar	10:00 🚶 Infusion Bar	10:00 🚶 Infusion Bar
11:30 💡 Four Word Phrases	11:30 💡 Tongue Twisters	11:30 💡 Remember When	11:30 💡 MindStart Puzzling	11:30 💡 Word Clue- fill in the blank	11:30 💡 Crosswords and puzzles	11:30 💡 A World of Good-News
2:00 ★ World of Color	2:00 ★ Cooking Club: Smooth Moves	2:00 ★ Food Art	2:00 ★ Paint Pour	2:00 ★ Decorating Club	1:00 👥 Trips and Travels- Ice Cream	1:00 👥 Be Our Guest- Nails with Nancy
2:30 Bingo	2:30 Bingo	2:30 Bingo	2:30 Bingo	2:30 Bingo	2:00 ★ Crafty Club: Newspaper Florals	2:00 ★ Puzzle Club
4:00 👥 Green Thumb Gardeners	4:00 👥 Sunshine Social	4:00 👥 Go Team- Sports Hour	4:00 ★ Birthday Bash	2:30 👥 Prize Bingo	2:30 Bingo	2:30 Bingo
4:30 👥 Happy Hour	4:30 👥 Happy Hour	4:30 👥 Happy Hour	4:30 👥 Happy Hour	4:00 👥 Cooking Club: French Cuisine	4:00 👥 Uncorked- Frozen Mocktails	4:00 👥 Manicure Madness
6:30 🦋 Daily Devotions	6:30 🦋 Mindfulness Meditation	6:30 🦋 Weekday Worship: Favorite Hymns	6:30 🦋 Tablet for relaxation	4:30 👥 Happy Hour	4:30 👥 Happy Hour	4:30 👥 Happy Hour
7:00 🦋 Church Gathering and Worship		7:00 ❤️ Timeless Melodies Choir Club	7:00 ❤️ Chapter Chat	6:30 🦋 Prayer or group spiritual reading	6:30 🦋 Chicken Soup for the Soul	6:30 🦋 Meditation Circle
					7:00 💡 Montessori Life	7:00 💡 Pass the Popcorn-The Sound of Music



- ❤️ Emotional
- 💡 Intellectual
- 🚶 Physical
- ★ Purposeful
- 👥 Social
- 🦋 Spiritual

"Gaze upward, look inward, reach outward, press forward."
— Thomas S. Monson