

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 8:30 Trivia 10:00 Chair Yoga 2:00 Hallway Bowling 3:00 Song of Praise 6:00 1920 Documentary 1	2 8:30 This Day In History 9:00 Sudoku 9:30 Chair Yoga 10:45 Hot Towels 1:00 Tapple 2:00 Ladies Luxe Nails 3:00 Sing Along 3:45 Hot Towels 6:00 Bingo	3 8:30 This Day In History 9:00 Chair Strech 9:30 Chair Stretching 10:00 Short Stories 10:45 Hot Towels 1:00 Men's Grooming 2:00 Hallway Bowling 3:45 Hot Towels 6:00 Bingo 	4 Salon Open 8:30 This Day in History 9:00 Zumba Gold 9:30 Chair Yoga 10:00 Mementos & Memories 1:00 Happy Hour with Entertainer DR 2:00 Group talk (childhood memory) 3:00 Outdoor Walk 5:00 Circle Book Read 	5 8:30 This Day In History 9:00 Trivia 9:30 Chair Cardio 10:45 Hot Towels 2:00 Cup Pong 3:00 Ballon Volleyball 3:45 Hot Towels 6:00 Guest the Song	6 8:30 This Day In History 9:00 Crossword 9:30 Chair Yoga 10:00 1900 Fun Facts 10:45 Hot Towels 1:00 Reminiscing 2:00 Football/ Soccer 3:00 Music Pary 3:45 Hot Towels 6:00 Qwirkle 	7 8:30 This Day in History 9:30 Walking Club 10:00 Hand and Food PDR 1:00 Music Bingo 6:00 Movie		
8 8:30 Trivia 10:00 Chair Yoga 2:00 Hallway Bowling 3:00 Song of Praise 6:00 1920 Documentary 2	9 8:30 This Day In History 9:00 Sudoku 9:30 Chair Yoga 10:45 Hot Towels 1:00 Tapple 2:00 Ladies Luxe Nails 3:00 Sing Along 3:45 Hot Towels 6:00 Uno	10 8:30 This Day In History 9:00 Chair Strech 9:30 Chair Stretching 10:00 Short Stories 10:45 Hot Towels 1:00 Men's Grooming 2:00 Hallway Bowling 3:45 Hot Towels 6:00 Uno 	11 Salon Open 8:30 This Day in History 9:00 Zumba Gold 9:30 Chair Yoga 10:00 Mementos & Memories 1:00 Happy Hour with Entertainer DR 2:00 Group talk (childhood memory) 3:00 Outdoor Walk 5:00 Circle Book Read	12 8:30 This Day In History 9:00 Trivia 9:30 Chair Cardio 10:45 Hot Towels 2:00 Cup Pong 3:00 Ballon Volleyball 3:45 Hot Towels 6:00 Guest the Song	13 8:30 This Day In History 9:00 Crossword 9:30 Chair Yoga 10:00 1900 Fun Facts 10:45 Hot Towels 1:00 Reminiscing 2:00 Football/ Soccer 3:00 Music Pary 3:45 Hot Towels 6:00 Qwirkle	14 8:30 This Day in History 9:30 Walking Club 10:00 Hand and Food PDR 1:00 Music Bingo 6:00 Movie		
15 8:30 Trivia 10:00 Chair Yoga 2:00 Hallway Bowling 3:00 Song of Praise 6:00 1920 Documentary 3	16 8:30 This Day In History 9:00 Sudoku 9:30 Chair Yoga 10:45 Hot Towels 1:00 Tapple 2:00 Ladies Luxe Nails 3:00 Sing Along 3:45 Hot Towels 6:00 Bingo	17 8:30 This Day In History 9:00 Chair Strech 9:30 Chair Stretching 10:00 Short Stories 10:45 Hot Towels 1:00 Men's Grooming 2:00 Hallway Bowling 3:45 Hot Towels 6:00 Bingo	18 Salon Open 8:30 This Day in History 9:00 Zumba Gold 9:30 Chair Yoga 10:00 Mementos & Memories 11:00 ST. Patrick and Mardi gras Celebration 3:00 Outdoor Walk	19 8:30 This Day In History 9:00 Trivia 9:30 Chair Cardio 10:45 Hot Towels 2:00 Cup Pong 3:00 Ballon Volleyball 3:45 Hot Towels 6:00 Guest the Song	20 8:30 This Day In History 9:00 Crossword 9:30 Chair Yoga 10:00 1900 Fun Facts 10:45 Hot Towels 1:00 Reminiscing 2:00 Football/ Soccer 3:00 Music Pary 3:45 Hot Towels 6:00 Qwirkle	21 8:30 This Day in History 9:30 Walking Club 10:00 Hand and Food PDR 1:00 Music Bingo 6:00 Movie		
22 8:30 Trivia 10:00 Chair Yoga 2:00 Hallway Bowling 3:00 Song of Praise 6:00 1920 Documentary 4	23 8:30 This Day In History 9:00 Sudoku 9:30 Chair Yoga 10:45 Hot Towels 1:00 Tapple 2:00 Ladies Luxe Nails 3:00 Sing Along 3:45 Hot Towels 6:00 Uno 	24 8:30 This Day In History 9:00 Chair Strech 9:30 Chair Stretching 10:00 Short Stories 10:45 Hot Towels 1:00 Men's Grooming 2:00 Hallway Bowling 3:45 Hot Towels 6:00 Uno 	25 Salon Open 8:30 This Day in History 9:00 Zumba Gold 9:30 Chair Yoga 10:00 Mementos & Memories 1:00 Happy Hour with Entertainer DR 2:00 Group talk (childhood memory) 3:00 Outdoor Walk 5:00 Circle Book Read	26 8:30 This Day In History 9:00 Trivia 9:30 Chair Cardio 10:45 Hot Towels 2:00 Cup Pong 3:00 Ballon Volleyball 3:45 Hot Towels 6:00 Guest the Song	27 8:30 This Day In History 9:00 Crossword 9:30 Chair Yoga 10:00 1900 Fun Facts 10:45 Hot Towels 1:00 Reminiscing 2:00 Football/ Soccer 3:00 Music Pary 3:45 Hot Towels 6:00 Qwirkle	28 8:30 This Day in History 9:30 Walking Club 10:00 Hand and Food PDR 1:00 Music Bingo 6:00 Movie		
29 8:30 Trivia 10:00 Chair Yoga 2:00 Hallway Bowling 3:00 Song of Praise 6:00 1920 Documentary 5	30 8:30 This Day In History 9:00 Sudoku 9:30 Chair Yoga 10:45 Hot Towels 1:00 Tapple 2:00 Ladies Luxe Nails 3:00 Sing Along 3:45 Hot Towels 6:00 Bingo	31 8:30 This Day In History 9:00 Chair Strech 9:30 Chair Stretching 10:00 Short Stories 10:45 Hot Towels 1:00 Men's Grooming 2:00 Hallway Bowling 3:45 Hot Towels 6:00 Bingo						

Color Key:
Special Events/ Outings
Physical Activity
Resident Lead
Spiritual
Social
Intellectual
Wellness
Around the World
Purposeful
(\$) Requires Money
Requires Sing Up