

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9:30 Low impact Cardio
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Sing-a-Long
4:00 Ax Throwing
7:00 Resident Lead Chat

2
10:15 Gentle Chair Yoga
10:30 Trivia
1:15 Fancy Goldton Nails
4:15 Praying the Rosary
7:00 Resident lead games

3
9:30 Low Impact Cardio
9:45 Tunes & Stroll
10:30 Triva
1:30 Bible Study
3:00 Baking
4:00 Word in Word
7:00 Prayer Meeting

4
9:30 Gentle Chair Yoga
10:00 Catholic Service
10:30 Publix
11:00 Corn Hole
1:30 Bingo
3:00 Happy Hour
Steve & Mindy Ent.

5
9:30 Chair Yoga
10:30 Trivia
10:30 Mr. K's
1:30 STEM Class
3:00 Arts & Crafts
4:00 Corn Hole
7:00 Resident Lead Games

6
9:30 Low Impact Cardio
10:30 Trivia
1:30 Getting to know you
3:00 Word in Word
4:15 Praying with Rosey
7:00 Resident lead Games

7
10:00 Painting
11:00 Ax Throwing
2:00 Bingo
1:30 Trivia
3:30 Movie
7:00 Resident lead Games

8
9:30 Low impact Cardio
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Sing-a-Long
4:00 Corn Hole
7:00 Resident Lead

9
10:15 Gentle Chair Yoga
10:30 Trivia
1:15 Bingo
4:15 Praying the Rosary
7:00 Resident lead games

10
9:30 Low Impact Cadio
9:45 Tunes & Stroll
10:30 Trivia
11:00 Checkers
1:30 Bible Study
3:00 Baking
4:00 Word in Word

11
9:30 Gentle Chair Yoga
10:00 Catholic Service
10:00 Walmart
11:00 Corn Hole
1:30 Bingo
3:00 Happy Hour
Mariangel Cestari Ent.
7:00 Movie

12
9:30 Chair Yoga
10:30 Trivia
1:30 STEM Class
3:00 Arts & Crafts
4:00 Hangman
7:00 Resident Lead Games

13
9:30 Low Impact Cardio
10:30 Trivia
1:30 Getting to Know you
3:00 Word in Word
4:15 Praying with Rosey
7:00 Resident lead

14
10:00 Painting
11:00 Ax Throwing
2:00 Bingo
1:30 Trivia
3:30 Movie
7:00 Resident lead Games

15
9:30 Low impact Cardio
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Sing-a-Long
4:00 Ax Throwing
7:00 Resident Lead Chat

16
10:15 Gentle Chair Yoga
10:30 Trivia
1:15 Fancy Goldton Nails
4:15 Praying the Rosary
7:00 Resident lead games

17
9:30 Low Impact Cadio
9:45 Tunes & Stroll
10:30 Trivia
1:00 Park Trip Free
1:30 Bible Study
3:00 Baking
4:00 Word in Word

18
9:30 Gentle Chair Yoga
10:00 Catholic Service
10:00 Target
11:00 Corn Hole
1:30 Bingo
3:00 Movie
***5:00 Grand Reopening Opera Orlando Ent.**

19
9:30 Chair Yoga
10:30 Trivia
11:30 Nona Blue Modern \$20
1:30 STEM Class
3:00 Arts & Crafts
4:00 Corn Hole
7:00 Resident Lead Games

20
9:30 Low Impact Cardio
10:30 Trivia
1:30 Getting to Know you
3:00 Word in Word
4:15 Praying with Rosey
7:00 Resident lead Games

21
10:00 Painting
11:00 Ax Throwing
2:00 Bingo
1:30 Trivia
3:30 Movie
7:00 Resident lead Games

22
9:30 Low impact Cardio
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Sing-a-Long
4:00 Corn Hole
7:00 Resident Lead Chat

23
10:15 Gentle Chair Yoga
10:30 Trivia
1:15 Bingo
4:15 Praying the Rosary
7:00 Resident lead games

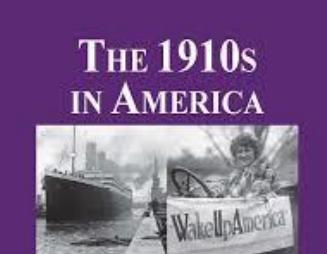
24
9:30 Low Impact Cadio
9:45 Tunes & Stroll
10:30 Trivia
1:00 Orlando Art Museum \$15
1:30 Bible Study
3:00 Baking
4:00 Word in Word

25
9:30 Gentle Chair Yoga
10:00 Catholic Service
10:00 Publix
11:00 Corn Hole
1:30 Bingo
3:00 Happy Hour
Carmen Entertainment
7:00 Movie

26
9:30 Chair Yoga
10:30 Trivia
11:30 Chuy's \$20
1:30 STEM Class
3:00 Arts & Crafts
4:00 Hangman
7:00 Resident Lead Games

27
9:30 Low Impact Cardio
10:30 Trivia
1:30 Getting to know you
3:00 Word in Word
4:15 Praying with Rosey
7:00 Resident lead

28
10:00 Painting
11:00 Ax Throwing
2:00 Bingo
1:30 Trivia
3:30 Movie
7:00 Resident lead Games



Location Key
Activity Room-AR
Red writing -Bus Trips
Dining Hall - DH
***Special Event**