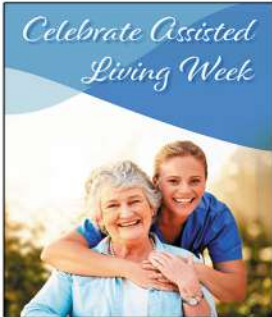


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keysa Bell, MC Lifestyle Director Activities are Subject to Change Lourdes Speight, MC Lifestyle Assistant		10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 11:00 Morning BINGO 2:30 Happy Helpers Laundry Day 3:00 Through The Decades – 1970's 6:00 Adult Coloring / Puzzles 1	10:00 Daily Chronicles and Discussions 11:00 In-Tune Fitness Tai Chi with Leda 1:00 Golden Hands Care 1:30 Floral Arranging 2:00 Tea, Coffee & Treasures 6:00 Wednesday Night Western Movie 2	10:00 Daily Chronicles and Discussions 10:30 IN2L workout & Walking Club 11:00 "Around the Bend" Leisure Bus Ride 1:00 Craft Class w/Lourdes 2:30 "Victoria" JOY OF MUSIC 3:00 Afternoon BINGO 6:00 Adult coloring and puzzles 3	10:00 Daily Chronicles and Discussions 10:30 Yoga with Claudia 11:00 Musical Ball Toss 2:00 Friday Movie Matinee & Popcorn 3:00 Hydration Station & Snack 6:00 Adult coloring and puzzles 4	10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 1:00 Afternoon Bingo 3:00 Musical Ball Toss & Hydration 5
10:00 IN2L workout & Stretching 10:30 Spiritual Hour 1:00 Classic Television Show 3:00 Balloon Volleyball/ Hydration 6	10:00 Daily Chronicles and Discussions 11:00 Tabata Strength Training w/Cecilia 1:30 Guitarist Lalo 2:30 Let's Talk 1970's 3:00 Monday Bird Bath 6:00 Adult coloring and puzzles 7	10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 11:00 Morning BINGO 2:30 Happy Helpers Laundry Day 3:00 Through The Decades – 1970's 6:00 Adult Coloring / Puzzles 8	10:00 Daily Chronicles and Discussions 11:00 In-Tune Fitness Tai Chi with Leda 1:00 Golden Hands Care 1:30 Floral Arranging 2:00 Tea, Coffee & Treasures 6:00 Wednesday Night Western Movie 9	10:00 Daily Chronicles and Discussions 10:30 IN2L workout & Walking Club 11:00 "Around the Bend" Leisure Bus Ride 1:00 Craft Class w/Lourdes 2:30 Afternoon BINGO 6:00 Adult coloring and puzzles 10	10:00 Daily Chronicles and Discussions 11:00 Musical Ball Toss 2:00 Friday Movie Matinee & Popcorn 3:00 Hydration Station & Snack 6:00 Adult coloring and puzzles 11	10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 1:00 Afternoon Bingo 3:00 Musical Ball Toss & Hydration 12
10:00 IN2L workout & Stretching 10:30 Spiritual Hour 1:00 Classic Television Show 2:00 Heritage Baptist Church 3:00 Balloon Volleyball/ Hydration 13	10:00 Daily Chronicles and Discussions 11:00 Tabata Strength Training w/Cecilia 1:30 Guitarist Lalo 2:30 Happy Hour with Bob Clark 3:00 Monday Bird Bath 6:00 Adult coloring and puzzles 14	10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 11:00 Morning BINGO 2:00 Ron Howard Performs 3:00 Through The Decades – 1970's 6:00 Adult Coloring / Puzzles 15	10:00 Daily Chronicles and Discussions 11:00 In-Tune Fitness Tai Chi with Leda 1:00 Golden Hands Care 1:30 Floral Arranging 2:00 Tea, Coffee & Treasures 6:00 Wednesday Night Western Movie 16	10:00 Daily Chronicles and Discussions 10:30 IN2L workout & Walking Club 11:00 "Around the Bend" Leisure Bus Ride 1:00 Craft Class w/Lourdes 2:30 "Victoria" JOY OF MUSIC 3:00 Afternoon BINGO 6:00 Adult coloring and puzzles 17	10:00 Daily Chronicles and Discussions 11:00 Musical Ball Toss 2:00 Friday Movie Matinee & Popcorn 3:00 Hydration Station & Snack 6:00 Adult coloring and puzzles 18	10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 1:30 Sing Along with YoYo 3:00 Musical Ball Toss & Hydration 19
10:00 IN2L workout & Stretching 10:30 Spiritual Hour 1:00 Classic Television Show 3:00 Balloon Volleyball/ Hydration 20	10:00 Daily Chronicles and Discussions 11:00 Tabata Strength Training w/Cecilia 1:30 Guitarist Lalo 2:30 Let's Talk 1970's 3:00 Monday Bird Bath 6:00 Adult coloring and puzzles 21	10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 11:00 Morning BINGO 2:30 Happy Helpers Laundry Day 3:00 Through The Decades – 1970's 6:00 Adult Coloring / Puzzles 22	10:00 Daily Chronicles and Discussions 11:00 In-Tune Fitness Tai Chi with Leda 1:00 Golden Hands Care 1:30 Floral Arranging 2:00 Tea, Coffee & Treasures 6:00 Wednesday Night Western Movie 23	10:00 Daily Chronicles and Discussions 10:30 IN2L workout & Walking Club 11:00 "Around the Bend" Leisure Bus Ride 1:00 Craft Class w/Lourdes 2:30 Afternoon BINGO 6:00 Adult coloring and puzzles 24	10:00 Daily Chronicles and Discussions 11:00 Musical Ball Toss 2:00 Friday Movie Matinee & Popcorn 3:00 Hydration Station & Snack 6:00 Adult coloring and puzzles 25	10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 1:00 Afternoon Bingo 3:00 Musical Ball Toss & Hydration 26
10:00 IN2L workout & Stretching 10:30 Spiritual Hour 1:00 Classic Television Show 2:00 Name that Tune (Oldies) 3:00 Balloon Volleyball/ Hydration 27	10:00 Daily Chronicles and Discussions 11:00 Tabata Strength Training w/Cecilia 1:30 Guitarist Lalo 2:30 BAKING w/Lourdes 3:00 Monday Bird Bath 6:00 Adult coloring and puzzles 28	10:00 Daily Chronicles and Discussions 10:30 In-Tune Fitness Chair Aerobics 11:00 Morning BINGO 2:30 Happy Helpers Laundry Day 3:00 Through The Decades – 1970's 6:00 Adult Coloring / Puzzles 29	10:00 Daily Chronicles and Discussions 11:00 In-Tune Fitness Tai Chi with Leda 1:00 Golden Hands Care 1:30 Floral Arranging 2:00 Tea, Coffee & Treasures 6:00 Wednesday Night Western Movie 30			

Happy Birthday!

Larry D. – 1st
Donald S. – 4th

Location Key

TAS = Treasure Art Studio
TBR = Treasure Beach Room
TB = Treasure Balcony
TDR = Treasure Dining Room
TGR = Treasure Game Room
TH = Treasure Hallways

Activity Type Key

Emotional/Fun

Intellectual

Physical

Purposeful

Spiritual

HAPPY Grandparents DAY

