

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

- 9:30 Exercise: Breathing Exercises **1**
- 10:15 Paint 101 With Carmen
- 1:30 Girl Gossip: Old Hollywood
- 2:15 Guess The Riddle?
- 2:45 Whale Watching Social
- 3:15 Read Out Loud: Moby Dick
- 7:00 Late Night Snack

- 9:15 Zumba with Ginger **2**
- 10:00 Memories in the Making with Glenda
- 1:30 Homemade Ice Cream Sandwiches
- 2:00 Wine & Color
- 2:45 Ice Cream Sandwiches Social
- 3:15 Pictionary
- 6:15 Keeping Up With The News

- 9:30 Age-Fit Exercise **3**
- 10:15 Bean Bag Toss
- 1:30 Murder, She Wrote
- 2:00 Card Game: Kings Corner
- 2:45 Getting Better With Age Social
- 3:15 Watermelon Art
- 6:00 Evening Read

- 9:30 Zumba Exercise With Staff **4**
- 10:15 Baking: Mini Blueberry Pies
- 10:45 Hokey Pokey
- 11:45 In & Out Picnic In The Backyard
- 1:30 Archery Challenge
- 2:15 Reminisce: Famous Mothers
- 3:00 Concert In Our Bistro
- 6:00 Hallmark Movie Night

- 9:30 Age - Fit Exercise **5**
- 10:15 Cupcake Liner Flowers
- 1:30 Demo: Herbed Tea Sandwiches
- 2:15 Ring Toss
- 2:45 Movie & Social: "Persuasion"
- 3:15 Item Search Competition
- 6:15 Evening Read and Reminisce



- 9:15 Age-Fit Exercise **6**
- 9:30 Catholic Service
- 10:15 Magazines With Coffee
- 1:15 Sunday Matinee & Popcorn: "Emma"
- 2:30 Non-Denominational Church Service
- 3:30 Sunday Social In Our Court Yard
- 6:00 Evening Read- Time Magazine

- 9:30 Exercise: Conga Line **7**
- 10:00 Prize Bingo
- 12:00 Rock N Roll Luncheon
- 12:00 Fine Dining Luncheon
- 1:45 Scenic Drive: Yum Yum Donuts
- 2:45 Sand Painting
- 3:00 Movie & Social: Grease
- 6:00 This Day In History

- 9:30 Age-Fit Exercise **8**
- 10:15 Cooking Demo- Zucchini Bread
- 1:30 Trivia
- 2:15 Outdoor Basketball
- 2:45 Zucchini Bread Social
- 3:15 Carmen's Nail Spa
- 7:00 Jeopardy Night

- 9:15 Zumba with Ginger **9**
- 10:00 Memories in the Making with Glenda
- 1:30 DIY: Lavender Sachets
- 2:30 Reminisce: Nixon's Resignation
- 2:45 Documentary & Social: Living On The Reservation
- 3:15 Dyed Rice Art
- 6:15 Frank Sinatra Sing Along

- 9:30 Age-Fit Exercise **10**
- 10:15 Monet Painting
- 1:30 Nature Walk
- 2:15 Minute-To-Win-It
- 2:45 Mocha Coffee Social
- 3:15 Johnny Cash Sing Along
- 6:00 Evening Read

- 9:15 Zumba Exercise With Staff **11**
- 10:00 Craft: Paper Kites
- 10:45 Air Kite Show
- 1:30 Jazz Stepping
- 2:30 PB Banana Smoothie & Elvis Trivia
- 3:00 Concert In Our Bistro
- 6:00 Hallmark Movie Night

- 9:30 Age - Fit Exercise **12**
- 10:00 Button Trees
- 1:30 Plastic Vases Painting
- 2:45 Inspiring Stories Social
- 3:15 Trivia Challenge: 1st Floor Vs. 2nd Floor
- 6:15 Evening Read and Reminisce

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- 9:15 Age-Fit Exercise **13**
- 9:30 Catholic Service
- 10:15 Magazines With Coffee
- 1:15 Sunday Matinee & Popcorn
- 2:30 Non-Denominational Church Service
- 3:30 Sunday Social In Court Yard
- 6:00 Evening Read- Time Magazine

- 9:30 Age-Fit Exercise **14**
- 10:15 Prize Bingo
- 12:00 Fine Dining Luncheon
- 1:30 Sand Painting
- 2:45 Cathedral Tour Social
- 3:15 DIY: Pet Puppy
- 6:00 This Day In History

- National Relaxation Day** **15**
- 9:30 Age-Fit Exercise
- 10:15 Baking Like Julia: Brownies
- 1:30 Trivia
- 2:00 Hand Massages
- 2:45 Beach Boys Music Social
- 3:15 Reminisce: Teenage Years
- 7:00 Jeopardy Night

- 9:15 Zumba with Ginger **16**
- 10:00 Memories in the Making with Glenda
- 1:30 Beachy Centerpieces
- 2:15 Gone Too Soon
- 2:45 Elvis Presley Social
- 3:15 Junk In The Truck Game
- 6:15 Frank Sinatra Sing Along

- 9:30 Age-Fit Exercise **17**
- 10:15 Corn Mosaic Art
- 1:30 Shamrock Scavenger Walk
- 2:15 Card Game: Go Fish
- 2:45 Kettle Corn Social
- 3:15 Guess The Riddle?
- 6:00 Evening Read

- 9:30 Zumba Exercise With Staff **18**
- 10:15 Rhyme Toss
- 1:15 Scenic Drive
- 2:30 Ice Cream Pie Social
- 3:00 Concert In Our Bistro
- 6:00 Hallmark Movie Night

- 9:30 Age - Fit Exercise **19**
- 10:00 Craft: Clay Mosaic Tiles
- 1:30 Craft: Yarn Pom-Pom Mats
- 2:45 Root Beer Floats Social
- 3:15 Trivia Challenge: 1st Floor Vs. 2nd Floor
- 6:15 Evening Read and Reminisce

- 9:15 Age-Fit Exercise **20**
- 9:30 Catholic Service
- 10:15 Magazines With Coffee
- 1:15 Sunday Matinee & Popcorn
- 2:30 Non-Denominational Church Service
- 3:30 Sunday Social In Court Yard
- 6:00 Evening Read- Time Magazine

- 9:30 Age-Fit Exercise **21**
- 10:15 Prize Bingo
- 12:00 Fine Dining Luncheon
- 1:45 Scenic Drive
- 2:45 Hawaiian Social
- 3:15 Pass The Coconut
- 6:00 This Day In History

- 9:30 Burn Calories: Folk Lyrics **22**
- 10:15 Angel Wings
- 1:30 Trivia
- 2:00 WaterBalloon Target
- 2:45 Angel Wings Social
- 3:15 Guess The Riddle?
- 7:00 Jeopardy Night

- 9:15 Zumba with Ginger **23**
- 10:00 Memories in the Making with Glenda
- 1:30 Baking: Sponge Cake
- 2:45 Tea & Cake Social
- 3:15 Pictionary
- 6:15 Frank Sinatra Sing Along
- 10:00 Evening Walk

- 9:30 Age-Fit Exercise **24**
- 10:15 Craft: Solar System Necklaces
- 1:30 Travel Documentary: Alaska
- 2:15 Alaskan Quits Game
- 2:45 Peach Jam Social
- 3:15 Alaska Solitaire Game
- 6:00 Evening Read

- 9:30 Zumba Exercise With Staff **25**
- 10:15 Movie Matinee: The Wizard Of Oz
- 1:30 Park Walk
- 2:15 Read Out Loud
- 2:45 Classical Music Symphonys
- 3:00 Concert In Our Bistro
- 6:00 Hallmark Movie Night

- 9:30 Age - Fit Exercise **26**
- 10:15 Craft: Yarn Pom-Pom Mats
- 1:30 Aboriginal Dot Art
- 2:45 Saturday Social
- 3:15 Men vs. Woman: Volleyball
- 6:15 Evening Read and Reminisce

- 9:15 Holy Stretching: Chair Yoga **27**
- 9:30 Catholic Service
- 10:15 Magazines With Coffee
- 1:15 Sunday Matinee & Popcorn
- 2:30 Non-Denominational Church Service
- 3:30 Sunday Social In Court Yard
- 6:00 Evening Read- Time Magazine

- 9:30 Age-Fit Exercise **28**
- 10:15 Prize Bingo
- 12:00 Fine Dining Luncheon
- 1:15 DIY: Edible BirdHouses
- 2:45 Social & Documentary: Birds
- 3:15 Balloon Bouncers
- 6:00 This Day In History

- 9:30 Age-Fit Exercise **29**
- 10:15 Cooking Demo- Apple Bites
- 1:30 Name That Singer
- 2:15 Jazz Music
- 2:45 Sing Along & Refreshments
- 3:15 Outdoor Basketball
- 7:00 Jeopardy Night

- 9:15 Zumba with Ginger **30**
- 10:00 Memories in the Making with Glenda
- 1:30 Monster Pencils
- 2:45 Smore's Social
- 3:15 Marshmallow Toss
- 6:15 Frank Sinatra Sing Along

- 9:30 Age-Fit Exercise **31**
- 10:15 Trail Mix Goodies
- 1:30 Beautiful Trails
- 2:15 Read Out Loud: Funny Stories
- 2:45 Trail Mix Social
- 3:15 Word Square
- 6:00 Evening Read