



• Everyday - 1:00 Walking Club (weather permitting) • Every Tuesday - 1:00 Walmart • Every Wednesday - 11:30 Lunch Outing • Every Thursday - 1:00 Mall Walks

MONDAY

10:00 Gentle Stretching
 10:30 Stretch & Strengthen
 11:00 Wii Bowling
 2:00 Happy Hour
 3:00 Music Monday
 7:00 Card Club

TUESDAY

9:00 Friendly Visits
 10:30 Sittercise
 11:00 Pet Therapy
 2:00 Happy Hour
 2:15 Bingo
 4:00 Polka Music
 6:00 Movie

WEDNESDAY

9:00 Bible Study
 10:30 Stretch & Strengthen
 11:00 Pick Your Art
 2:00 Happy Hour
 3:15 Rehydrate
 4:00 Balloon Volley
 7:15 Worship Service

THURSDAY

10:00 Dog Visits
 10:30 Sittercise
 11:00 Brain Games
 1:00 Bean Bag Toss
 2:00 Happy Hour
 3:00 Music with Melody
 6:00 Painter's Pick

FRIDAY

9:00 Smooth Moves
 10:30 Stretch & Strengthens
 11:00 Favorite One Dish
 1:00 Meals
 2:00 Table Games
 6:00 Happy Hour

SATURDAY

9:30 Nail Care
 10:30 Stretch & Strengthen
 11:00 Book Club
 2:15 Bingo
 4:00 Men's Club

SUNDAY

10:00 Stretch & Strengthen
 11:00 Church Service
 1:30 Devotion
 3:00 Fellowship
 4:00 Women's Club

Sample Calendar