

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY PROGRAMS Unless otherwise noted <i>* Escort required to AL</i> 9:15 Uplifting News/Events 10:15 Stroll/Feed the Fish 10:30 AM Snack & Refresh 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind 5:30 Movie/Classic Series			1 9:45 Wake-up & Workout 11:00 Mini Bowling 11:30 Word Games 1:30 Kitchen Creations Meditation & Music 2:00 Roll & Reminisce 3:00 Picture, What Am I? 3:45 Seated Tai Chi Virtual Rosary	2 9:45 Morning Cardio 11:00 Courtyard Club 11:30 What/Who Am I 12:00 Cookout 1:30 Live Music w/ Steve Lyon 3:00 New York Times games 3:45 Throwback Exercise	3 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:45 Dice Game-Nix the 6 Music & Relaxation 3:00 Patriotic Sing Along 3:45 Stretch & Stroll 5:30 Nightcap & Movie	INDEPENDENCE DAY 4 9:30 AM Workout 10:00 Music Thru the years 11:00 Word Games- Celebrating 250 yrs 1:45 Prize Bingo Soothing Sounds 2:30 Patriotic Party 3:00 Afternoon Stretch 3:30 Harpist Laura Cole
5 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:30 Sunday Scenic Ride Reminisce & Nails 3:00 "Pluck a Lucky Ducky" 3:45 Sunday Stretch	6 9:45 Morning Zumba 11:00 Bowling 11:30 Brain Games 1:30 Artistry: bookmarks Music & Meditation 2:00 Word Games 3:00 Patriotic Sing Along 3:45 Stretch & Stroll Virtual Rosary	7 9:45 Wake-up & Workout 11:00 Table Pong 11:30 Did You Know...Trivia 1:30 Scenic Ride Reminisce & Nails 3:00 Sing Along 3:45 "Derby Races" Audio Stories	8 10:00 Live Music w/ Mike Coletta 11:15 Mini Bowling 1:30 Kitchen Creations: Meditation & Music 2:00 Roll & Reminisce 3:00 Picture, What Am I? 3:45 Seated Tai Chi Virtual Rosary	9 9:45 Morning Cardio 11:00 Courtyard Club 11:30 What/Who Am I 1:30 Putting Practice Music & Scenery 2:00 New York Times games 3:00 Live Music w/ Joan Sherlock 4:00 Stretch & Stroll	10 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Exercise w/ Danielle M. 2:00 Dice Game-Nix the 6 Music & Relaxation 3:00 Sing Along 3:45 Stretch & Stroll 5:30 Nightcap & Movie	11 9:30 AM Workout 10:00 Finish the Lyrics 11:00 Soccer Goal 1:45 Prize Bingo Soothing Sounds 3:00 Armchair Travel/Discuss 3:45 Seated Yoga Virtual Rosary (AP)
12 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:30 Sunday Scenic Ride Reminisce & Nails 3:00 Brain Games 3:45 Sunday Stretch	13 9:45 Morning Zumba 11:00 Bowling 11:30 Brain Games 1:30 Crafting Circle Music & Meditation 2:00 Word Games 3:00 Sing Along 3:45 Stretch & Stroll Virtual Rosary	14 9:45 Wake-up & Workout 10:30 Music & Munchies w/ Bud Pistachio 1:30 "Spa Hour" Music & Meditation 3:00 Worship & Faith w/ Minister Shakera 3:45 "Derby Races" Audio Stories	15 9:45 Wake-up & Workout 10:30 Men's Group: Coffee & Comradery 11:00 Mini Bowling 11:30 Word Games 1:30 Kitchen Creations Meditation & Music 2:00 Roll & Reminisce 3:00 Picture, What Am I? 3:45 Seated Tai Chi Virtual Rosary	16 9:45 Morning Cardio 11:00 Courtyard Club 11:30 What/Who Am I 12:00 Cookout 1:30 Hula-Hoop Roll Music & Scenery 2:00 Music & Dance Party 3:00 New York Times games 3:45 Throwback Exercise	17 10:30-2:00 Bea Smith Clothing Sale* 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:45 Dice Game-Nix the 6 Music & Relaxation 3:00 Sing Along 3:45 Stretch & Stroll 5:30 Nightcap & Movie	18 9:30 AM Workout 10:00 Finish the Lyrics 11:00 Soccer Goal 1:45 Prize Bingo Soothing Sounds 3:00 Afternoon Stretch 3:30 In the Attic w/ Jodi Virtual Rosary (AP)
19 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:30 Sunday Stretch 2:00 Live Music w/ Graham Hempstead 3:00 Brain Games 3:45 Sunday Stretch	20 9:45 Morning Zumba 11:00 Bowling 11:30 Brain Games 1:30 Crafting Circle Music & Meditation 2:00 Word Games 3:00 Sing Along 3:45 Stretch & Stroll Virtual Rosary	21 9:45 Wake-up & Workout 11:00 Table Pong 11:30 Did You Know...Trivia 1:30 Scenic Ride Reminisce & Nails 3:00 Sing Along 3:45 "Derby Races" Audio Stories	22 9:45 Wake-up & Workout 11:00 Mini Bowling 11:30 Word Games 1:30 C.H.I.M.E (interactive handbells program) 3:00 Picture, What Am I? 3:45 Seated Tai Chi Virtual Rosary	23 9:45 Morning Cardio 11:00 Courtyard Club 11:30 What/Who Am I 1:30 Putting Practice Music & Scenery 2:00 Music & Dance Party 3:00 New York Times games 3:45 Throwback Exercise	24 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Exercise w/ Danielle M. 2:00 Dice Game-Nix the 6 Music & Relaxation 3:00 Sing Along 3:45 Stretch & Stroll 5:30 Nightcap & Movie	25 9:30 AM Workout 10:00 Finish the Lyrics 11:00 Soccer Goal 1:45 Prize Bingo Soothing Sounds 2:30 Wine & Cheese 3:00 Armchair Travel/Discuss 3:45 Seated Yoga Virtual Rosary (AP)
26 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:30 Sunday Scenic Ride Reminisce & Nails 3:00 Brain Games 3:45 Sunday Stretch	27 9:45 Morning Zumba 11:00 Bowling 11:30 Brain Games 1:30 Crafting Circle Music & Meditation 2:00 Word Games 3:00 Sing Along 3:45 Stretch & Stroll Virtual Rosary	28 9:45 Wake-up & Workout 11:00 Bean Bag Toss 11:30 Did You Know...Trivia 1:30 Scenic Ride Reminisce & Nails 12:00 Birthday Luncheon 3:45 Residents of Faith w/ Minister Shakers	29 9:45 Wake-up & Workout 11:00 Mini Bowling 11:30 Word Games 11:30 Outing: Carriage Inn 1:30 Virtual Travel: Rt. 66 2:00 Roll & Reminisce 3:00 Picture, What Am I? 3:45 Seated Tai Chi Virtual Rosary	30 9:45 Morning Cardio 11:00 Courtyard Club 11:30 What/Who Am I 12:00 Cookout 1:30 Putting Practice Music & Scenery 2:00 Music & Dance Party 2:30 Invitational Ice-Cream Social 3:00 New York Times games 3:45 Throwback Exercise	31 9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:45 Dice Game-Nix the 6 Music & Relaxation 3:00 Sing Along 3:45 Stretch & Stroll 5:30 Nightcap & Movie	ASPECTS OF LIVING Cognitive Musical Life Enrichment Reminisce Health & Fitness Inspirational/Spiritual Social

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p