

Sample Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:15 Walk with a Friend 1:30 Busy Hands 2:30 Coffee Time	2 10:30 Seated Balance 1:30 Scenic Drive 2:00 Busy Hand 3:00 Exercise and Music	3 10:00 Busy Hands 2:00 Strength & Stretch 2:30 Bible Study 3:15 -4:15 Happy Hour 6:30 Bingo	4 9:10 Walk with Lynn 9:30 Seated Balance 10:30 Farkle (dice game) 1:30 Scenic Drive 3:00 BallFit	5 9:30 Strength & Stretch 10:30 Seated Yoga 2:00 Men's Meeting 3:00 Art Class	6 8:30 Bus Walmart 10:30 Jennifer the Doula 1-1:30 Tuck Shop 2:00 Singalong 3:00 Hand Therapy	7 9:15 Walk with a Friend 10:00 Busy Hands 2:00 Movie 2:30 Coffee Time
8 9:15 Walk with a Friend 1:30 Busy Hands 2:30 Coffee Time	9 Hand in 3 sentences for Two Truths & a Lie 10:30 Seated Balance 1:30 Scenic Drive 2:00 Busy Hands 3:00 Exercise and Music	10 10:00 Busy Hands 2:00 Strength & Stretch 2:30 Bible Study 3:15 -4:15 Happy Hour 6:30 p.m. Bingo	11 9:10 Walk with Lynn 9:30 Seated Balance 10:30 Farkle (dice game) 1:30 Scenic Drive 3:00 BallFit	12 9:30 Strength & Stretch 10:30 Seated Yoga 2:00 Two Truths & a Lie 3:00 Craft Day	13 8:30 Bus Walmart 10:30 Standing Balance 2:00 Singalong 3:00 Hand Therapy	14 9:15 Walk with a Friend 10:00 Busy Hands 2:00 Movie 2:30 Coffee Time
15 9:15 Walk with a Friend 1:30 Busy Hands 2:30 Coffee Time	16 10:30 Seated Balance 1:30 Scenic Drive 2:00 Busy Hands 3:00 Exercise and Music	17 2:00 Strength & Stretch 2:30 Bible Study 3:15-4:15 Happy Hour 6:30 Bingo	18 9:10 Walk with Lynn 9:30 Seated Balance 10:30 Farkle (dice game) 1:30 Scenic Drive 3:00 Ball Fit	19 9:30 Strength & Stretch 10:30 Seated Yoga 2:00 Funny Poetry 3:00 Creative Day	20 8:30 Bus Walmart 10:30 Foot Care Presentation 1-1:30 Tuck Shop 2:00 Singalong 3:00 Hand Therapy	21 9:15 Walk with a Friend 10:00 Busy Hands 2:00 Movie 2:30 Coffee Time
22 9:15 Walk with a Friend 1:30 Busy Hands 2:30 Coffee Time	23 10:30 Seated Balance 1:30 Scenic Drive 2:00 Busy Hands 3:00 Exercise and Music	24 10:00 Busy Hands 2:00 Strength & Stretch 2:30 Bible Study 6:30 Bingo	25 9:10 Walk with Lynn 9:30 Seated Balance 10:30 Farkle (dice game) 1:30 Acrylic Painting 3:00 Ball Fit	26 9:30 Strength & Stretch 10:30 Seated Yoga 1:30 Acrylic Painting 3:00 Craft Day	27 8:30 Bus Walmart 10:30 Standing Balance 2:00 Singalong 3:00 Hand Therapy	28 9:15 Walk with a Friend 10:00 Busy Hands 2:00 Movie 2:30 Coffee Time
29 9:15 Walk with a Friend 1:30 Busy Hands 2:30 Coffee Time	30 10:30 Seated Balance 1:30 Scenic Drive 2:00 Busy Hands 3:00 Exercise and Music					