

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9am- Good Morning 4 9:30- Greetings 10:00- Songs of Praise (TV) 11:00- Tea & soothing tunes 1:00- Spa Treatment 2:00-Hymn Sing w/Rick (CH) 3:00- Snack Social 4:00- Couponing 6:00- Aroma therapy	9am- Good Morning 5 9:30- Greetings 10:00- Monday Trivia 11:00- Exercise 1:00- Soul Soothing Tunes 2:00- Rusty Strings 3:00- Arts & crafts 4:30- BINGO 6:00- Gardening Club	9am- Good Morning 6 9:30- Greetings 10:00- Tango Tuesday 11:00- Puzzles 1:00- Group walk & talk 2:00- Snack social 3:00- Sensory Group 4:30- BINGO 6:00- Movie	9am- Good Morning 7 9:30- Greetings 10:00- Music & dance 11:00- Arts & Crafts 1:00- Armchair Yoga 2:00- Balloon Toss 3:00- Spa Treatment 4:30- BINGO 6:00- Veterans's Club	9am- Good Morning 8 9:30- Greetings 10:00- Movin & Groovin 11:00- Arts & Crafts 1:00- Group walk & talk 2:00- Snack social 3:00 Name that tune 4:30 BINGO 6:00 Movie	9am- Good Morning 9 9:30- Greetings 10:00- Exercise 11:00 Tea & Paint 1:00 Spa Treatment 2:00- ICE CREAM 3:00-Soul Soothing Tunes 4:30- BINGO 6:00- Sensory Activity	9am- Good Morning 10 9:30- Greetings 10:00- 50s lite rock 11:00- Seated Yoga 1:00- Name that Tune 2:00 Snack social 3:00- High Tea 4:30- BINGO 6:00- Spa Treatment
9am- Good Morning 11 9:30- Greetings 10:00- Songs of Praise (TV) 11:00- Tea & soothing tunes 1:00- Spa Treatment 2:00- Hymn Sing 3:00- Snack Social 4:00- Couponing 6:00- Aroma therapy	9am- Good Morning 12 9:30- Greetings 10:00- Monday Trivia 11:00- Exercise 1:00- Soul Soothing Tunes 2:00- Ring Toss 3:00- Arts & crafts 4:30- BINGO 6:00- Gardening Club	9am- Good Morning 13 9:30- Greetings 10:00- Tango Tuesday 11:00- Puzzles 1:00- Group walk & talk 2:00- Rebecca Pink (WG) 3:00- Sensory Group 4:30- BINGO 6:00- Movie	9am- Good Morning 14 9:30- Greetings 10:00- Music & dance 11:00- Arts & Crafts 1:00- Armchair Yoga 2:00- Dominos 3:00- Spa Treatment 4:30- BINGO 6:00- Veterans's Club	9am- Good Morning 15 9:30- Greetings 10:00- Movin & Groovin 11:00- Arts & Crafts 1:00- Group walk & talk 2:00- Snack social 3:00 Name that tune 4:30 BINGO 6:00 Movie	9am- Good Morning 16 9:30- Greetings 10:00- Exercise 11:00 Tea & Paint 1:00 Spa Treatment 2:00- ICE CREAM 3:00-Soul Soothing Tunes 4:30- BINGO 6:00- Sensory Activity	9am- Good Morning 17 9:30- Greetings 10:00- 50s lite rock 11:00- Seated Yoga 1:00- Name that Tune 2:00 Snack social 3:00- High Tea 4:30- BINGO 6:00- Spa Treatment
9am- Good Morning 18 9:30- Greetings 10:00- Songs of Praise (TV) 11:00- Tea & soothing tunes 1:00- Spa Treatment 2:00- Hymn Sing 3:00- Snack Social 4:00- Couponing 6:00- Aroma therapy	9am- Good Morning 19 9:30- Greetings 10:00- Monday Trivia 11:00- Exercise 1:00- Soul Soothing Tunes 2:00- Who Am I? 3:00- Arts & crafts 4:30- BINGO 6:00- Gardening Club	9am- Good Morning 20 9:30- Greetings 10:00- Tango Tuesday 11:00- Cooking 1:00- Group walk & talk 2:00- Snack social 3:00- Sensory Group 4:30- BINGO 6:00- Movie	9am- Good Morning 21 9:30- Greetings 10:00- Music & dance 11:00- Arts & Crafts 1:00- Armchair Yoga 2:00- Reminiscing 3:00- Spa Treatment 4:30- BINGO 6:00- Veterans's Club	9am- Good Morning 22 9:30- Greetings 10:00- Movin & Groovin 11:00- Arts & Crafts 1:00- Group walk & talk 2:00- Snack social 3:00 Name that tune 4:30 BINGO 6:00 Movie	9am- Good Morning 23 9:30- Greetings 10:00- Exercise 11:00 Tea & Paint 1:00 Spa Treatment 2:00- ICE CREAM 3:00-Soul Soothing Tunes 4:30- BINGO 6:00- Sensory Activity	9am- Good Morning 24 9:30- Greetings 10:00- 50s lite rock 11:00- Seated Yoga 1:00- Name that Tune 2:00 Snack social 3:00- High Tea 4:30- BINGO 6:00- Spa Treatment
9am- Good Morning 25 9:30- Greetings 10:00- Songs of Praise (TV) 11:00- Tea & soothing tunes 1:00- Spa Treatment 2:00- Hymn Sing 3:00- Snack Social 4:00- Couponing 6:00- Aroma therapy	9am- Good Morning 26 9:30- Greetings 10:30- Music Speaks 11:00- Exercise 1:00- Soul Soothing Tunes 2:00- Snack Social 3:00- Arts & crafts 4:30- BINGO 6:00- Gardening Club	9am- Good Morning 27 9:30- Greetings 10:00- Tango Tuesday 11:00- Puzzles 1:00- Group walk & talk 2:00- Snack social 3:00- Sensory Group 4:30- BINGO 6:00- Movie	9am- Good Morning 28 9:30- Greetings 10:00- Music & dance 11:00- Arts & Crafts 1:00- Armchair Yoga 2:00- Devotions w/Chaplain 3:00- Spa Treatment 4:30- BINGO 6:00- Veterans's Club	9am- Good Morning 29 9:30- Greetings 10:00- Movin & Groovin 11:00- Arts & Crafts 1:00- Group walk & talk 2:00- Snack social 3:00 Name that tune 4:30 BINGO 6:00 Movie	9am- Good Morning 30 9:30- Greetings 10:00- Exercise 11:00 Tea & Paint 1:00 Spa Treatment 2:00- ICE CREAM 3:00-Soul Soothing Tunes 4:30- BINGO 6:00- Sensory Activity	9am- Good Morning 31 9:30- Greetings 10:00- 50s lite rock 11:00- Seated Yoga 1:00- Name that Tune 2:00 Snack social 3:00- High Tea 4:30- BINGO 6:00- Spa Treatment

Activities are subject to change as necessary.