

Assisted Living		EMPOWERED LIVING™ EVENTS							
Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
8:45 🏠 Church Services 10:00 🧘 Guided Meditation 1:30 🕒 Dance to Better Health 2:30 🧠 Word Search & Trivia 3:30 🏠 Volunteer Projects 4:30 🎳 Lucky Strike Bowling 7:00 🏠 What's My Story Series		8:30 🕒 Soleful Strutters 9:30 🕒 Fitness Orientation 10:30 🕒 Cardio Low Impact 11:00 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:30 🕒 SingFit 4:00 🏠 Journaling 7:00 🎲 Game Night	9:00 🕒 Soleful Strutters 10:00 🕒 Balance & Strength 11:00 🕒 Chair Yoga 1:30 🏠 Pay It Forward Series 2:30 🧘 Pet Therapy 3:30 🌱 Green Thumb Club 6:00 🎲 Movie - Comedy	8:30 🕒 Soleful Strutters 10:00 🕒 Cardio Low Impact 11:30 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:00 🕒 SingFit 3:30 🧠 Scrapbooking 6:00 🎲 Game Night 7:00 🧘 Guided Meditation	9:00 🕒 Balance & Strength 10:00 🌱 Aromatherapy 11:00 🧠 Craft Projects 2:00 🧠 Life Skills 4:00 🎲 Glee Club 6:30 🎲 Comedy Hour	8:30 🕒 Soleful Strutters 10:00 🕒 Cardio Low Impact 11:00 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:00 🧠 Life Skills 3:30 🎲 Social Hour w/ Entertainment 6:00 🎲 Deal Me In Cards	10:00 🕒 Moving in Motion 11:00 🎲 Excursion 4:00 🌱 Outdoor Photography 7:00 🧠 Movie - Biography		
8:45 🏠 Church Services 10:00 🧘 Guided Meditation 11:00 🧠 Tech Time 1:30 🧘 The Joy of Baking 2:30 🧠 Word Search & Trivia 3:30 🏠 Volunteer Projects 4:30 🎲 Lucky Strike Bowling 7:00 🎲 Jenga Game		8:30 🕒 Walking Club 10:00 🕒 Strength & Balance 11:00 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:30 🕒 SingFit 4:00 🕒 Zumba Gold 7:00 🎲 Deal Me In Cards	9:00 🕒 Find Your Fit 10:00 🧠 Express Yourself - Acting 11:00 🕒 Tai Chi 1:30 🕒 Mobility Reviews 2:30 🧠 Engage Your Brain 3:30 🧠 Tech Time 6:00 🎲 American Song Book 7:00 🎲 Movie - Documentary	8:30 🕒 Walking Club 10:00 🕒 Strength & Balance 11:30 🧠 Engage Your Brain 1:30 🧘 Art Expression 3:30 🕒 Move to Music 6:00 🎲 Game Night 7:00 🧘 Guided Meditation	9:00 🕒 Find Your Fit 10:00 🧘 Express Yourself 11:30 🕒 Tai Chi 2:30 🏠 Journal Workshop 3:30 🧠 Tech Time 4:00 🧠 TED Talks 6:00 🏠 Charity Bingo 7:00 🎲 At the Movies - Action	8:30 🕒 Walking Club 10:00 🕒 Strength & Balance 11:00 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:30 🕒 Yoga & Breathe 3:30 🎲 Social Hour w/ Entertainment 6:00 🎲 Deal Me In Cards	10:00 🕒 Stretch Class 11:00 🧠 Book Club Reviews 11:30 🎲 Excursion 4:00 🧠 The Great Courses 6:30 🎲 Comedy Hour 7:00 🎲 Board Games		
10:00 🧘 Guided Meditation 11:00 🧠 Tech Time 1:30 🧘 The Joy of Baking 2:30 🧠 Word Search & Trivia 3:30 🏠 Volunteer Projects 4:30 🎲 Lucky Strike Bowling 7:00 🎲 What's My Line		8:30 🕒 Walking Club 10:00 🕒 Strength & Balance 11:00 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:30 🏠 Journal Workshop 4:00 🕒 Zumba Gold 7:00 🎲 Deal Me In Cards	9:00 🕒 Find Your Fit 10:00 🧠 Express Yourself - Acting 11:00 🕒 Tai Chi 1:30 🕒 Mobility Reviews 2:30 🧠 Engage Your Brain 3:30 🧠 Tech Time 6:00 🎲 American Song Book 7:00 🎲 Movie - Comedy	8:30 🕒 Walking Club 10:00 🕒 Strength & Balance 11:30 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:00 🎲 Bowling Tournament 3:30 🕒 Move to Music 6:00 🎲 Game Night 7:00 🧘 Guided Meditation	9:00 🕒 Find Your Fit 10:00 🧘 Express Yourself 11:30 🕒 Tai Chi 2:30 🏠 Journal Workshop 3:30 🧠 Tech Time 4:00 🧠 TED Talks 6:00 🎲 Travel Club 7:00 🎲 At the Movies - Romance	10:00 🕒 Strength & Balance 11:00 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:30 🕒 Yoga & Breathe 3:30 🎲 Social Hour w/ Entertainment 6:00 🎲 Deal Me In Cards	9:30 🕒 Stretch Class 11:30 🎲 Excursion 4:00 🧠 Book Club Review 6:30 🎲 Comedy Hour 7:00 🎲 Board Games		
8:45 🏠 Church Services 10:00 🧘 Guided Meditation 11:00 🧠 Tech Time 1:30 🕒 Dancing 2:30 🧠 Word Search & Trivia 3:30 🏠 Volunteer Projects 4:30 🎲 Lucky Strike - Wii Bowling 7:00 🎲 Stay Connected Social		8:30 🕒 Walking Club 10:00 🕒 Strength & Balance 11:00 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:30 🏠 Journal Workshop 4:00 🕒 Zumba Gold 7:00 🎲 Deal Me In Cards	9:00 🕒 Find Your Fit 10:00 🧠 Express Yourself - Acting 11:00 🕒 Tai Chi 1:30 🕒 Mobility Reviews 2:30 🧠 Engage Your Brain 3:30 🧠 Tech Time 6:00 🎲 American Song Book 7:00 🎲 Movie - Comedy	8:30 🕒 Walking Club 10:00 🕒 Strength & Balance 11:30 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:00 🎲 Wii Bowling Tournament 3:30 🕒 Move to Music 6:00 🎲 Game Night 7:00 🧘 Guided Meditation	9:00 🕒 Find Your Fit 10:00 🧘 Express Yourself 11:30 🕒 Tai Chi 2:30 🏠 Journal Workshop 3:30 🧠 Tech Time 4:00 🧠 TED Talks 6:00 🎲 Travel Club 7:00 🎲 At the Movies - Biography	10:00 🕒 Strength & Balance 11:00 🧠 Engage Your Brain 1:30 🧘 Art Expression 2:30 🕒 Yoga & Breathe 3:30 🎲 Social Hour w/ Entertainment 6:00 🎲 Deal Me In Cards	10:00 🕒 Stretch Class 11:00 🧠 Book Club Reviews 11:30 🎲 Excursion 4:00 🧠 Learning a New Language 6:30 🎲 Comedy Hour 7:00 🎲 Board Games		
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				Example Calendar		 Environmental  Mentally Stimulating  Nourish Mind & Body  Physically Active  Purpose + Meaning in Life  Social Engagement		Transportation: Shopping: Mondays from 10:30-11:30am & 1:30-2:30pm Medical Appointments: Wednesdays & Fridays from 9:00am-1:00pm Church Services: Sundays from 8:45-11:00am	