

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Daily magazine <b>1</b> 10:30 Chair exercise 11:00 Devotion & hymns 12:00 Lunch 1:30 Bible trivia 2:30 Snack/ hydration 4:00 Movie of choice 5:00 Dining with friends	10:00 Daily magazine <b>2</b> 10:30 Stretch exercise 11:00 Spin & Solve 12:00 Lunch 1:30 Arts & crafts 2:30 Hydration & snacks 4:00 Relaxing music 5:00 Dining with friends	10:00 Daily magazine <b>3</b> 10:30 Stretch exercise 11:00 Ball toss 12:00 Lunch 1:30 Adult coloring pages 2:30 Snacks that Pack 3:00 Relaxing music 5:00 Dining with friends	10:00 Daily magazine <b>4</b> 10:30 Chair exercise <b>11:00 Arts &amp; Crafts</b> 12:00 Lunch 1:30 Ball Toss game 2:30 Hydration & snacks 4:00 TV show of choice 5:00 Dining with friends	10:00 Daily magazine <b>5</b> 10:30 Stretch exercise 11:00 Ball toss 12:00 Lunch 1:30 Adult coloring pages 2:30 Snacks that Pack 3:00 Relaxing music 5:00 Dining with friends	10:00 Daily magazine <b>6</b> 10:30 Stretch exercise 11:00 Spin & Solve 12:00 Lunch 1:30 Arts & crafts 2:30 Hydration & snacks 4:00 Relaxing music 5:00 Dining with friends	10:00 Daily Magazine <b>7</b> 10:30 Stretch Exercise 11:00 Trivia (Shannon) 12:00 Lunch 1:30 Story Time Reading 2:30 Hydration/Snacks 4:00 Easy listening Music 5:00 Dining with Friends
10:00 Daily magazine <b>8</b> 10:30 Stretch exercise <b>11:00 Live Music (Stella)</b> 12:00 Lunch 1:30 Bible trivia 2:30 Devotion & Hymns 4:00 Hydration 5:00 Dining with friends	10:00 Daily magazine <b>9</b> 10:30 Chair exercise 11:00 Arts & Crafts 12:00 Lunch 1:30 Ball Toss game 2:30 Hydration & snacks 4:00 TV show of choice 5:00 Dining with friends	10:00 Daily Magazine <b>10</b> 10:30 Chair exercise 11:00 Hydration/ music 12:00 Lunch 1:30 Balloon swat game 2:30 Snack & hydration 4:00 Sing-A-Long Music 5:00 Dinner with friends	10:00 Daily magazine <b>11</b> 10:30 Stretch exercise 11:00 Ball toss 12:00 Lunch 1:30 Adult coloring pages 2:30 Snacks that Pack 3:00 Relaxing music 5:00 Dining with friends	10:00 Daily magazine <b>12</b> 10:30 Chair exercise 11:00 Indoor Bowling 12:00 Lunch 2:30 Snacks that Pack & hydration 3:30 Relaxing music 5:00 Dining with friends	10:00 Daily magazine <b>13</b> 10:30 Chair exercise 11:00 Arts & Crafts 12:00 Lunch 1:30 Ball Toss game 2:30 Hydration & snacks 4:00 TV show of choice 5:00 Dining with friends	10:00 Daily Exercise <b>14</b> 10:30 Daily Magazine 11:00 Hydration/ Music 12:00 Lunch 1:30 Ball Toss (Shannon) 3:00 Hydration/ Snacks 4:00 Relaxing Music 5:00 Dining with Friends
10:00 Daily magazine <b>15</b> 10:30 Chair exercise 11:00 Devotion/hymns 12:00 Lunch 1:30 Bible trivia 2:30 Snack/ hydration 4:00 Movie of choice 5:00 Dining with friends	10:00 Daily magazine <b>16</b> 10:30 Chair exercise 11:00 Matching game 12:00 Lunch 1:30 Hydration & Snacks <b>2:30 Mary Stella Music</b> 3:30TV show of choice 5:00 Dining with friends	10:00 Daily magazine <b>17</b> 10:30 Chair exercise 11:00 Arts & Crafts 12:00 Lunch 1:30 St. Patrick's Green Bar 2:30 Hydration & snacks 4:00 TV show of choice 5:00 Dining with friends	10:00 Daily magazine <b>18</b> 10:30 Stretch exercise 11:00 Octaband game 12:00 Lunch <b>1:30 Balloon Swat Game</b> 2:30 Hydration/ snack 4:00 Relaxing music 5:00 Dining with friends	10:00 Daily Magazine <b>19</b> 10:30 Chair exercise 11:00 Hydration/ music 12:00 Lunch 1:30 Balloon swat game 2:30 Snack & hydration 4:00 Sing-A-Long Music 5:00 Dinner with friends	10:00 Daily Magazine <b>20</b> 10:30 Chair exercise 11:00 Hydration/ music 12:00 Lunch 1:30 Animal Trivia 2:30 Snack & hydration 4:00 Sing-A-Long Music 5:00 Dinner with friends	10:00 Daily Magazine <b>21</b> 10:30 Stretch exercise 11:00 Hydration/ music 12:00 Lunch 1:30 Trivia with Shannon 2:30 Ball toss 3:30 Snack & hydration 5:00 Dinner with friends
10:00 Daily magazine <b>22</b> 10:30 Stretch exercise 11:00 Devotion/ hymns 12:00 Lunch 1:30 Bible trivia 2:30 Sing-A-Long music 4:00 Hydration 5:00 Dining with friends	10:00 Daily magazine <b>23</b> 10:30 Chair exercise 11:00 Octaband Toss 12:00 Lunch 1:30 Spin & Solve game 2:30 Adult coloring pages 3:30 Snack & Hydration 5:00 Dining with friends	10:00 Daily magazine <b>24</b> 10:30 Stretch exercise 11:00 Pairs card game 12:00 Lunch <b>1:30 Arts &amp; Crafts</b> 2:30 Hydration/ snacks 4:00 TV show of choice	10:00 Daily Magazine <b>25</b> 10:30 Chair exercise 11:00 Hydration/ music 12:00 Lunch 1:30 Balloon swat game 2:30 Snack & hydration 4:00 Sing-A-Long Music 5:00 Dinner with friends	10:00 Daily magazine <b>26</b> 10:30 Chair exercise 11:00 Matching game 12:00 Lunch 1:30 Dominoes game 2:30 Hydration &snacks 3:30 Entertainment Trivia 5:00 Dining with friends	10:00 Daily Magazine <b>27</b> 10:30 Stretch exercise 11:00 Hydration/ music 12:00 Lunch 1:30 Hangman game 2:30 Ball toss 3:30 Snack & hydration 5:00 Dinner with friends	10:00 Daily Magazine <b>28</b> 10:30 Stretch exercise 11:00 Shannon's trivia 12:00 Lunch <b>1:30 Arts &amp; Crafts</b> 2:30 Hydration/ snacks 4:00 Easy listening music 5:00 Dining with friends
10:00 Daily Magazine <b>29</b> 10:30 Chair exercise 11:00 Hymns/Devotion 12:00 Lunch 1:30 Bible Story/ Trivia 2:30 Snack/ Hydration 4:00 Movie of choice 5:00 Dining with Friends	10:00 Daily Magazine <b>30</b> 10:30 Stretch Exercise 11:00 Balloon Swat 12:00 Lunch 1:30 Indoor Bowling Ball <b>2:30 Mary Stella Music</b> 3:30 Snack & Hydration 5:00 Dining with Friends	10:00 Daily Magazine <b>31</b> 10:30 Chair Exercise 11:00 Relaxing Music 12:00 Lunch 1:30 Arts & Crafts 2:30 Snack & Hydration 3:00 Movie of choice 5:00 Dining with Friends	 <h1 style="color: green; text-align: center;">The Crossings at Bon Air Memory Care Community</h1>			