



Senior Living Activity Calendar – Sample

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:30 Seated Exercise Video 2:00 Cookies & Coffee 3:00 Active Minds Presentation 6:00 Movie Night 6:00 Game Night	9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 1:00 Pool (Billiards) 2:00 BINGO 2:00 Cookies & Coffee 3:30 Parkinson's Support Group 6:30 Bridge Club	9:00 Coffee and News 10:30 Worship Service 2:00 Hand & Foot Card Game 2:00 Cookies & Coffee 3:15 Live Music 6:00 Evening Movie	10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 1:00 Trivia Time 12:30 Shopping Outing 2:00 Cribbage 2:00 Yahtzee Dice Game 2:00 Cookies & Coffee 3:00 Sing Along with Joey	9:30 Coffee and News 9:30 Virtual Catholic Mass 10:30 Chair Yoga Video 2:00 Hand & Foot 2:00 Cookies & Coffee 2:30 Music Appreciation 3:30 Crafty Club	10:30 Seated Exercise Video 2:00 Matinee Movie 2:00 Cookies & Coffee 4:00 Wild-Life Documentary
7	8	9	10	11	12	13
10:30 Seated Exercise Video 12:00 Minnesota Vikings Game 2:00 Cookies & Coffee 2:00 Exploring Europe Show 3:15 Travelogue Presentation 5:00 Panda Bear Live Stream	10:30 Alyssa Drawing Class 10:30 Educational Presentation 2:00 Book Club 2:00 Cookies & Coffee 6:00 Movie Night 6:00 Game Night	9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 2:00 BINGO 2:00 Cookies & Coffee 6:30 Bridge Club	9:00 Coffee and News 10:30 Worship Service 2:00 Hand & Foot Card Game 2:00 Cookies & Coffee 3:00 Birthday Social 6:00 Evening Movie	10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 11:00 Catholic Communion 12:30 Shopping Outing 2:00 Cribbage 2:00 Cookies & Coffee 2:00 Live Music	9:30 Virtual Catholic Mass 10:30 Chair Yoga Video 11:30 Ladies Lunch Out 2:00 Cribbage Club 2:00 Cookies & Coffee 2:30 Music Appreciation 3:30 Crafty Club	10:30 Seated Exercise Video 2:00 Matinee Movie 2:00 Live Music 2:00 Cookies & Coffee 4:00 Wild-Life Documentary
14	15	16	17	18	19	20
10:30 Seated Exercise Video 2:00 Cookies & Coffee 2:00 Exploring Europe Show 3:05 Minnesota Vikings Game 5:00 Panda Bear Live Stream	10:30 Seated Exercise Video 1:00 Live Music 2:00 Resident Town Hall 2:00 Cookies & Coffee 3:00 Active Minds Presentation 5:00 Men's Dinner Out 6:00 Movie Night	9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 2:00 BINGO 2:00 Cookies & Coffee 3:30 Parkinson's Support Group 6:30 Bridge Club	9:00 Coffee and News 10:30 Worship Service 2:00 Hand & Foot Card Game 2:00 Cookies & Coffee 3:15 Game Group 6:00 Evening Movie	10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 12:30 Shopping Outing 2:00 Cribbage 2:00 Low Vision Support Grp 2:00 Cookies & Coffee	9:30 Virtual Catholic Mass 10:30 Chair Yoga Video 12:30 Tour of State Capital 2:00 Coffee with the Chef 2:30 Music Appreciation 3:30 Crafty Club	10:30 Seated Exercise Video 2:00 Matinee Movie 2:00 Cookies & Coffee 4:00 Wild-Life Documentary
21	22	23	24	25	26	27
10:30 Seated Exercise Video 12:00 Minnesota Vikings Game 2:00 Cookies & Coffee 2:00 Exploring Europe Show 3:15 Travelogue Presentation 5:00 Panda Bear Live Stream	10:30 Drawing Class 10:30 Seated Exercise Video 2:00 Educational Presentation 2:00 Cookies & Coffee 3:00 Bill Mann Music 6:00 Movie Night	9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 2:00 BINGO 2:00 Cookies & Coffee 6:30 Bridge Club	9:00 Coffee and News 10:30 Worship Service 11:00 Catholic Communion 2:00 Hand & Foot Card Game 2:00 Cookies & Coffee 5:00 Ladies Dinner In! 6:00 Evening Movie	10:30 Seated Exercise Video 12:30 Shopping Outing 2:00 Cribbage 2:00 Cookies & Coffee 2:00 Yahtzee Dice Game	9:30 Virtual Catholic Mass 10:30 Chair Yoga Video 2:00 Cribbage Club 2:00 Cookies & Coffee 2:30 Music Appreciation 3:30 Crafty Club	10:30 Seated Exercise Video 1:00 Chair Massages 2:00 Matinee Movie 2:00 Cookies & Coffee 4:00 Wild-Life Documentary
28	29	30				
10:30 Seated Exercise Video 2:00 Cookies & Coffee 2:00 Exploring Europe Show 3:25 Minnesota Vikings Game 5:00 Panda Bear Live Stream	9:30 Virtual Catholic Mass 10:30 Seated Exercise Video 2:00 Live Music 2:00 Cookies & Coffee 3:15 Mixology Class 6:00 Movie Night	9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 2:00 BINGO 2:00 Cookies & Coffee 6:30 Bridge Club				

Memory Care Activity Calendar – Sample

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Snack, Sip, & Social 2:30 Fun & Games 4:00 Coffee Social 5:30 Colorful Creations	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Word Games 2:00 Live Music 3:00 Snack, Sip, & Social 3:30 Sing Along 5:30 Movie Night	10:00 Let's Bake! 11:00 Daily Devotion 1:00 Worship Service 2:00 Snack, Sip, & Social 2:30 Art with Heart 3:30 Fun & Games 5:30 Sing Along: Hymnals	10:00 Sit N' Fit 10:30 Balloon Ball 1:00 Word Games 2:00 Snack, Sip, & Social 3:00 Flower Arranging 5:30 Movie Night	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Live Music 2:00 Snack, Sip, & Social 2:30 Manicures 4:00 Coffee Social 5:30 Colorful Creations	10:00 Saturday Stretch 10:30 Coffee & News 1:00 Fun & Games 2:00 Happy Hour 2:30 Matinee Movie 4:00 Coffee Social 5:30 Sing Along
7	8	9	10	11	12	13
10:00 Virtual Worship Service 11:00 Daily Devotion 1:30 Sing & Stretch 2:00 Sunday Sundaes 2:30 Poetry Session 3:30 Sing Along: Hymnals 5:30 1 on 1's	10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Snack, Sip, & Social 2:30 Scenic Drive 4:00 Coffee Social 5:30 Colorful Creations	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Educational Presentation 3:00 Snack, Sip, & Social 3:30 Sing Along 5:30 Movie Night	10:00 Let's Bake! 11:00 Daily Devotion 1:00 Worship Service 2:00 Snack, Sip, & Social 2:30 Art with Heart 3:30 Fun & Games 5:30 Sing Along: Hymnals	10:00 Sit N' Fit 10:30 Balloon Ball 1:00 Word Games 2:00 Snack, Sip, & Social 2:30 Flower Arranging 4:00 Coffee Social 5:30 Movie Night	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Live Music 2:00 Snack, Sip, & Social 2:30 Manicures 4:00 Coffee Social 5:30 Colorful Creations	10:00 Saturday Stretch 10:30 Coffee & News 1:00 Fun & Games 1:00 Chair Massages 2:00 Happy Hour 2:30 Matinee Movie 4:00 Coffee Social 5:30 Sing Along
14	15	16	17	18	19	20
10:00 Virtual Worship Service 11:00 Daily Devotion 1:30 Sing & Stretch 2:00 Sunday Sundaes 2:30 Poetry Session 3:30 Sing Along: Hymnals 5:30 1 on 1's	10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Snack, Sip, & Social 2:30 Fun & Games 4:00 Coffee Social 5:30 Colorful Creations	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Educational Presentation 2:00 Snack, Sip, & Social 2:30 Word Games 3:30 Sing Along 5:30 Movie Night	10:00 Let's Bake! 11:00 Daily Devotion 1:00 Worship Service 2:00 Snack, Sip, & Social 2:30 Art with Heart 3:30 Fun & Games 5:30 Sing Along: Hymnals	10:00 Sit N' Fit 10:30 Balloon Ball 1:00 Word Games 2:00 Snack, Sip, & Social 2:30 Flower Arranging 4:00 Coffee Social 5:30 Movie Night	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Live Music 2:00 Snack, Sip, & Social 2:30 Manicures 4:00 Coffee Social 5:30 Colorful Creations	10:00 Saturday Stretch 10:30 Coffee & News 1:00 Fun & Games 2:00 Happy Hour 2:30 Matinee Movie 4:00 Coffee Social 5:30 Sing Along
21	22	23	24	25	26	27
10:00 Virtual Worship Service 11:00 Daily Devotion 1:30 Sing & Stretch 2:00 Sunday Sundaes 2:30 Poetry Session 3:30 Sing Along: Hymnals 5:30 1 on 1's	10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Snack, Sip, & Social 2:30 Scenic Drive 4:00 Coffee Social 5:30 Colorful Creations	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Educational Presentation 2:00 Snack, Sip, & Social 2:30 Word Games 3:30 Sing Along 5:30 Movie Night	10:00 Let's Bake! 11:00 Daily Devotion 1:00 Worship Service 2:00 Monthly Birthday Party 2:30 Art with Heart 3:30 Fun & Games 5:30 Sing Along: Hymnals	10:00 Sit N' Fit 10:30 Coffee & News 1:00 Word Games 2:00 Snack, Sip, & Social 2:30 Flower Arranging 4:00 Coffee Social 5:30 Movie Night	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Live Music 2:00 Snack, Sip, & Social 2:30 Manicures 4:00 Coffee Social 5:30 Colorful Creations	10:00 Saturday Stretch 10:30 Coffee & News 1:00 Fun & Games 2:00 Happy Hour 2:30 Matinee Movie 4:00 Coffee Social 5:30 Sing Along
28	29	30				
10:00 Virtual Worship Service 11:00 Daily Devotion 1:30 Sing & Stretch 2:00 Sunday Sundaes 2:30 Poetry Session 3:30 Sing Along: Hymnals 5:30 1 on 1's	10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Live Music 3:00 Snack, Sip, & Social 3:30 Fun & Games 5:30 Colorful Creations	10:00 Sit N' Fit 10:30 Music & Movement 1:00 Travelogue: Norway 2:00 Snack, Sip, & Social 2:30 Word Games 3:30 Sing Along 5:30 Movie Night				