

September 2022

PACIFICA SENIOR LIVING WOODMONT

(850) 562-4123
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
P Physical Wellness/Fitness S Social/Spiritual Engagements C Cognitive Visual & Language Skills M Music L Life Enrichment Skills O Outdoor Activities R Reminiscing				DR. Appointments 9AM-3PM 1 O 9:00 Coffee and Walk (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) C 1:30 Trivia (LR) M 3:30 Musical Exercise (SR) L 4:30 Dinner (DR) 5:30 Evening News (LR)	R 9:00 Coffee and Mingle 2 O 10:00 Wal-Mart Trip (B*) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) L 1:30 Word-n-Word (LR) P 3:30 Balloon Volleyball (LR) 4:30 Dinner (DR) C 5:30 Evening News (LR)	O 9:00 Coffee and Walk 3 S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Wii Bowling (SR) L 3:30 Word n Word (LR) C 4:30 Dinner (DR) 5:30 Movie Time (LR)
O 9:00 Coffee and Walk 4 (LR) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Board Games (SR) C 3:30 Word Search (AR) 4:30 Dinner (DR) L 5:30 Evening News (LR)	O 9:00 Coffee and Walk 5 (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Wii with Kenny (SR) R 3:30 Chit Chat (FP) M 4:30 Dinner (DR) 5:30 Dean Martin Show (LR)	DR. Appointments 9AM-3PM 6 R 9:00 Coffee and Mingle (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Quarter BINGO (SR) O 3:30 Walking Club (FP) L 4:30 Dinner (DR) 5:30 Activities Stations (SR)	R 9:00 Coffee and Mingle 7 O 10:00 Publix Trip (B*) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) M 1:30 Bible Study & Prayer /K (SR) P 2:00 Dog Therapy /K. Reed (SR) 4:30 Dinner (DR) L 5:30 TV/ Hollywood Favorite (LR)	DR. Appointments 9AM-3PM 8 O 9:00 Coffee and Walk (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) C 1:30 Word n Word (LR) M 3:30 Musical Exercise (SR) L 4:30 Dinner (DR) 5:30 Evening News (LR)	R 9:00 Coffee and Mingle (LR) 9 O 10:00 Wal-Mart Trip (B*) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) L 2:00 Residents Town Hall Meeting (SR) 4:30 Dinner (DR) C 5:30 Trivia Packets (AR)	O 9:00 Coffee and Walk 10 (LR) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) M 1:30 Musical Exercise (SR) L 3:30 Word-N-Word (LR) C 4:30 Dinner (DR) 5:30 Movie Time (LR)
O 9:00 Coffee and Walk 11 S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Board Games (AR) C 3:30 Word Search (SR) 4:30 Dinner (DR) L 5:30 Evening News	O 9:00 Coffee and Walk 12 (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Wii with Kenny (SR) R 3:30 Chit Chat (FP) M 4:30 Dinner (DR) 5:30 Dean Martin Show (LR)	DR. Appointments 9AM-3PM 13 R 9:00 Coffee and Mingle (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Quarter BINGO (AR) O 3:30 Walking Club (FP) L 4:30 Dinner (DR) 5:30 Activities Stations (SR)	R 9:00 Coffee and Mingle 14 O 10:00 Publix Trip (B*) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) M 1:30 Bible Study & Prayer /K (SR) P 2:00 Dog Therapy /K. Reed (SR) 4:30 Dinner (DR) L 5:30 TV/ Hollywood Favorite (LR)	DR. Appointments 9AM-3PM 15 O 9:00 Coffee and Walk (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) M 1:30 Name that Tune (LR) P 3:30 Sittercise (SR) 4:30 Dinner (DR) L 5:30 Evening News (LR)	R 9:00 Coffee and Mingle (LR) 16 O 10:00 Wal-Mart Trip (B*) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Gardening (CY) L 3:30 Finish Lines (LR) 4:30 Dinner (DR) C 5:30 Andy Griffith Show (LR)	O 9:00 Coffee and Walk (LR) 17 S 10:00 Elder Johnson (SR) 11:30 Lunch (DR) P 1:30 Wii Bowling (SR) L 3:30 Word n Word (LR) C 4:30 Dinner (DR) 5:30 Movie Time (LR)
O 9:00 Coffee and Walk 18 S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Board Games (AR) C 3:30 Word Search (SR) 4:30 Dinner (DR) L 5:30 Evening News (LR)	O 9:00 Coffee and Walk 19 (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Wii with Kenny (SR) R 3:30 Chit Chat (FP) M 4:30 Dinner (DR) 5:30 Dean Martin Show (LR)	DR. Appointments 9AM-3PM 20 R 9:00 Coffee and Mingle (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Quarter BINGO (AR) O 3:30 Walking Club (FP) L 4:30 Dinner (DR) 5:30 Activities Stations (SR)	R 9:00 Coffee and Mingle 21 O 10:00 Publix Trip (B*) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) M 1:30 Bible Study & Prayer /K (SR) P 2:00 Dog Therapy /K. Reed (SR) 4:30 Dinner (DR) L 5:30 TV/ Hollywood Favorite (LR)	DR. Appointments 9AM-3PM 22 O 9:00 Coffee and Walk (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) C 1:30 Word -n-Word (LR) P 3:30 Art & Coloring (AR) 4:30 Dinner (DR) L 5:30 Evening News (LR)	R 9:00 Coffee and Mingle (LR) 23 O 10:00 Wal-Mart Trip (B*) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Outside Games (FP) L 3:30 Finish Lines (LR) 4:30 Dinner (DR) C 5:30 Movie Time (SR)	O 9:00 Coffee and Mingle (LR) 24 S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Wii Bowling (SR) L 3:30 Word n Word (LR) C 4:30 Dinner (DR) 5:30 Movie Time (LR)
O 9:00 Coffee and Walk 25 S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Board Games (AR) C 3:30 Word Search (SR) 4:30 Dinner (DR) L 5:30 Evening News (LR)	O 9:00 Coffee and Walk 26 (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Wii with Kenny (SR) C 3:30 Chit Chat (AR) R 4:30 Dinner (DR) 5:30 Dean Martin Show (LR)	DR. Appointments 9AM-3PM 27 R 9:00 Coffee and Mingle (LR) S 10:00 Morning Devotional (SR) 11:30 Lunch (DR) P 1:30 Quarter BINGO (AR) O 3:30 Walking Club (FP) L 4:30 Dinner (DR) 5:30 Activities Stations (SR)	R 9:00 Coffee and Mingle 28 O 10:00 Publix Trip (B*) S 10:30 Morning Devotional (SR) 11:30 Lunch (DR) M 1:30 Bible Study & Prayer /K (SR) P 2:00 Dog Therapy /K. Reed (SR) 4:30 Dinner (DR) L 5:30 TV/ Hollywood Favorite (LR)	29	30	