


EMPOWERED LIVING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:45 🏛️ Church Services 1 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 2 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 3 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 4 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 5 10:00 🌱 Aromatherapy 11:00 🧠 Craft Projects 2:00 🧠 Life Skills 4:00 🎮 Glee Club 6:30 🎮 Comedy Hour	8:30 🕺 Soleful Strutters 6 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 7 11:00 🎮 Excursion 4:00 🌱 Outdoor Photography 7:00 🧠 Movie - Biography	
8:45 🏛️ Church Services 8 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 9 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 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 11 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 12 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 13 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 14 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 15 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 16 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 17 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 18 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 19 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 20 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 21 11:30 🎮 Excursion 4:00 🧠 Book Club Review 6:30 🎮 Comedy Hour 7:00 🎮 Board Games	
8:45 🏛️ Church Services 22 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 23 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 24 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 25 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 26 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 27 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 28 11:00 🧠 Book Club Reviews 11:30 🎮 Excursion 4:00 🧠 Learning a New Language 6:30 🎮 Comedy Hour 7:00 🎮 Board Games	
8:00 🏛️ Church Services 29 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 30 10:00 🕺 Strength & Balance 11:00 🧠 Engage Your Brain 1:30 🧡 Art Expression 2:30 🗣️ Journal Workshop 4:30 🕺 Zumba Gold 7:00 🎮 Deal Me In Cards	 <p>Example Calendar</p>					<p>Transportation:</p> <p>Shopping: Mondays from 10:30-11:30am & 1:30-2:30pm</p> <p>Medical Appointments: Wednesdays & Fridays from 9:00am-1:00pm</p> <p>Church Services: Sundays from 8:45-11:00am</p>

- 🌱 Environmental
- 🧠 Mentally Stimulating
- 🧡 Nourish Mind & Body
- 🕺 Physically Active
- 🗣️ Purpose + Meaning in Life
- 🎮 Social Engagement