


# EMPOWERED LIVING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:00 🏠 Church Services <b>1</b></p> <p>10:00 🚶 Stretch Class</p> <p>11:00 🧠 Music &amp; Memory</p> <p>2:30 🧠 Word Search &amp; Trivia</p> <p>3:30 🏠 Volunteer Projects - Create the Good</p> <p>4:30 🎳 Lucky Strike Bowling</p> <p>7:00 📺 Stay Connected Social</p>	<p>8:30 🚶 Soleful Strutters Walks <b>2</b></p> <p>10:00 🚶 Cardio Low Impact</p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:30 🚶 SingFit</p> <p>4:00 🧠 Creative Storytelling</p> <p>7:00 🎲 Game Night</p>	<p>9:00 🚶 Soleful Strutters Walks <b>3</b></p> <p>10:00 🚶 Strength Training</p> <p>11:00 🚶 Chair Yoga</p> <p>1:30 🏠 Community Service Projects</p> <p>2:30 🧠 Drumming Circles</p> <p>3:30 🌱 Green Thumb Club</p> <p>6:00 🎲 Movie - Comedy</p>	<p>8:30 🚶 Soleful Strutters Walks <b>4</b></p> <p>10:00 🚶 Cardio Low Impact</p> <p>11:30 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>3:30 🧠 Scrapbooking</p> <p>6:00 🎲 Game Night</p> <p>7:00 🏠 Guided Meditation</p>	<p>9:30 🚶 Strength &amp; Flexibility <b>5</b></p> <p>11:00 🧠 Craft Projects</p> <p>2:00 🧠 Life Skills</p> <p>4:00 🎲 Glee Club</p> <p>6:30 ❤️ Comedy Hour</p>	<p>8:30 🚶 Soleful Strutters Walks <b>6</b></p> <p>10:00 🚶 Cardio Low Impact</p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:00 🧠 Life Skills</p> <p>3:30 🎲 Social Hour w/ Entertainment</p> <p>6:00 🧠 Sensory Activities &amp; Kits</p>	<p>10:00 🚶 Music &amp; Movement <b>7</b></p> <p>11:00 ❤️ The Joy of Baking</p> <p>3:00 🧠 Photography - Outdoor Activity</p> <p>4:00 🏠 Gratitude Exercise &amp; Activities</p> <p>7:00 🎲 Movie - Biography</p>	
<p>8:00 🏠 Church Services <b>8</b></p> <p>10:00 🏠 Bible Study Series</p> <p>11:00 🧠 Name That Song</p> <p>1:30 ❤️ The Joy of Cooking</p> <p>3:30 🏠 Volunteer Projects</p> <p>4:30 🎳 Lucky Strike Bowling</p> <p>7:00 🎲 Jenga Game &amp; Puzzles</p>	<p>8:30 🚶 Soleful Strutters Walks <b>9</b></p> <p>10:00 🚶 Cardio Low Impact</p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:30 🧠 This Day in History</p> <p>7:00 🎲 Deal Me In Cards</p>	<p>9:00 🚶 Soleful Strutters Walks <b>10</b></p> <p>10:00 🚶 Strength Training</p> <p>11:00 ❤️ Joy of Baking</p> <p>1:30 🎲 Celebrate the Seasons</p> <p>2:30 🧠 Creative Storytelling</p> <p>3:30 🎲 Out &amp; About Town</p> <p>6:00 🎲 American Songbook</p> <p>7:00 🎲 Movie - Documentary</p>	<p>8:30 🚶 Soleful Strutters Walks <b>11</b></p> <p>10:00 🚶 Strength &amp; Balance</p> <p>11:30 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:00 🎲 Lucky Strike Bowling</p> <p>3:30 🚶 SingFit</p> <p>6:00 🎲 Game Night</p> <p>7:00 🌱 Aromatherapy</p>	<p>9:30 🚶 Strength &amp; Flexibility <b>12</b></p> <p>11:00 🎲 Armchair Travel</p> <p>1:30 🧠 Life Skills</p> <p>3:30 🎲 Social Hour w/ Entertainment</p> <p>6:30 🎲 Beyond Bingo &amp; Back</p> <p>7:00 🎲 At the Movies - Action</p>	<p>8:30 🚶 Soleful Strutters Walks <b>13</b></p> <p>10:00 🚶 Cardio Low Impact</p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>3:30 🎲 Social Hour w/ Entertainment</p> <p>6:00 🎲 Deal Me In Cards</p>	<p>10:00 🚶 Music &amp; Movement <b>14</b></p> <p>11:00 ❤️ How to Make Healthy Smoothies</p> <p>2:00 🎲 Out &amp; About</p> <p>6:30 🎲 Share Your Favorite Story</p> <p>7:00 🎲 Board Games</p>	
<p>8:00 🏠 Church Services <b>15</b></p> <p>10:00 🏠 Bible Study Series</p> <p>11:00 🚶 Music &amp; Movement</p> <p>1:30 ❤️ The Joy of Baking</p> <p>2:30 🧠 Word Search &amp; Trivia</p> <p>3:30 🏠 Volunteer Projects</p> <p>4:30 🎳 Lucky Strike Bowling</p> <p>7:00 🎲 What's My Line</p>	<p>8:30 🚶 Soleful Strutters Walks <b>16</b></p> <p>10:00 🚶 Cardio Low Impact</p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:30 🌱 Green Thumb Club</p> <p>2:30 🌿 Outdoor Activities - The Gift of Smell</p> <p>4:00 🚶 SingFit</p> <p>7:00 🎲 Deal Me In Cards</p>	<p>9:00 🚶 Soleful Strutters Walks <b>17</b></p> <p>10:00 🧠 This Day in History</p> <p>11:00 🎲 Out &amp; About Town</p> <p>2:30 🧠 Scrapbooking</p> <p>6:00 🧠 American Song Book</p> <p>7:00 🎲 Movie - Comedy</p>	<p>8:30 🚶 Soleful Strutters Walks <b>18</b></p> <p>10:00 🚶 Strength &amp; Balance</p> <p>11:30 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>3:30 🚶 Dance Your Way to Health</p> <p>6:00 🎲 Game Night</p> <p>7:00 🏠 Guided Meditation</p>	<p>9:00 🚶 Strength &amp; Flexibility <b>19</b></p> <p>10:00 🧠 Drumming Circles</p> <p>11:00 🎲 Armchair Travel</p> <p>2:30 🧠 Life Skills</p> <p>3:30 🎲 Social Hour w/ Entertainment</p> <p>6:30 🎲 At the Movies - Romance</p>	<p>10:00 🚶 Strength &amp; Balance <b>20</b></p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:30 🚶 Chair Yoga</p> <p>3:30 🎲 Social Hour w/ Entertainment</p> <p>6:00 🎲 Deal Me In Cards</p>	<p>10:00 🚶 Strength &amp; Flexibility <b>21</b></p> <p>11:00 ❤️ Seasonal Tastes</p> <p>2:00 🎲 Out &amp; About Town</p> <p>4:00 🏠 Gratitude Exercises &amp; Activities</p> <p>6:30 🧠 Trivia Challenge</p> <p>7:00 🎲 Board Games</p>	
<p>8:00 🏠 Church Services <b>22</b></p> <p>10:00 🏠 Bible Study Series</p> <p>11:00 🚶 Music &amp; Movement</p> <p>2:30 🧠 Word Search &amp; Trivia</p> <p>3:30 🏠 Volunteer Projects</p> <p>6:00 🎲 Lucky Strike Bowling</p>	<p>8:30 🚶 Soleful Strutters Walks <b>23</b></p> <p>10:00 🚶 Strength &amp; Balance</p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:30 🌱 Connect With Nature Series</p> <p>4:00 🚶 SingFit</p> <p>7:00 🎲 Deal Me In Cards</p>	<p>9:00 🚶 Soleful Strutters Walks <b>24</b></p> <p>10:00 🧠 This Day in History</p> <p>11:00 🎲 Out &amp; About Town</p> <p>2:30 🌱 Green Thumb Club</p> <p>4:00 🌱 Aromatherapy</p> <p>6:00 🎲 American Song Book</p> <p>7:00 🎲 Movie - Comedy</p>	<p>8:30 🚶 Soleful Strutters Walks <b>25</b></p> <p>10:00 🚶 Strength &amp; Balance</p> <p>11:30 🧠 Brain University</p> <p>1:30 ❤️ Art Expression</p> <p>2:00 🎲 Bowling Challenge</p> <p>3:30 🚶 Dance Your Way to Health</p> <p>6:00 🎲 Game Night</p> <p>7:00 🏠 Guided Meditation</p>	<p>9:00 🚶 Strength &amp; Flexibility <b>26</b></p> <p>10:00 🧠 Express Yourself</p> <p>2:30 🌱 Pals &amp; Paws</p> <p>3:30 🎲 Social Hour w/ Entertainment</p> <p>7:00 🎲 At the Movies - Biography</p>	<p>8:30 🚶 Soleful Strutters Walks <b>27</b></p> <p>10:00 🚶 Strength &amp; Balance</p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:30 🚶 Chair Yoga</p> <p>3:30 🎲 Social Hour w/ Entertainment</p> <p>6:00 🎲 Deal Me In Cards</p>	<p>10:00 🚶 Strength &amp; Flexibility <b>28</b></p> <p>11:00 🧠 This Day in History</p> <p>2:00 🎲 Out &amp; About Town</p> <p>6:30 ❤️ Comedy Hour</p> <p>7:00 🎲 Board Games</p>	
<p>8:00 🏠 Church Services <b>29</b></p> <p>10:00 🏠 Bible Study Series</p> <p>11:00 🚶 Music &amp; Movement</p> <p>2:30 🎲 TV Trivia</p> <p>3:30 🏠 Volunteer Projects</p> <p>4:30 🎳 Lucky Strike Bowling</p> <p>6:00 🎲 Movie - Musical</p>	<p>8:30 🚶 Soleful Strutters Walks <b>30</b></p> <p>10:00 🚶 Strength &amp; Balance</p> <p>11:00 🧠 Memory Boosters</p> <p>1:30 ❤️ Art Expression</p> <p>2:30 🌱 Connect With Nature Series</p> <p>4:00 🚶 SingFit</p> <p>7:00 🎲 Deal Me In Cards</p>	 <p><b>Example Calendar</b></p>					<p><b>Transportation:</b></p> <p>Shopping: Mondays from 10:30-11:30am &amp; 1:30-2:30pm</p> <p>Medical Appointments: Wednesdays &amp; 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