


EMPOWERED LIVING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 🏛️ Church Services 1</p> <p>10:00 🚶 Stretch Class</p> <p>11:00 🎵 Music & Memory</p> <p>2:30 🧩 Word Search & 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 2</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 3</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 4</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 & Flexibility 5</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 6</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 & Kits</p>	<p>10:00 🚶 Music & Movement 7</p> <p>11:00 ❤️ The Joy of Baking</p> <p>3:00 🧠 Photography - Outdoor Activity</p> <p>4:00 🤝 Gratitude Exercise & Activities</p> <p>7:00 🎲 Movie - Biography</p>
<p>8:00 🏛️ Church Services 8</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 & Puzzles</p>	<p>8:30 🚶 Soleful Strutters Walks 9</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 10</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 & About Town</p> <p>6:00 🎲 American Songbook</p> <p>7:00 🎲 Movie - Documentary</p>	<p>8:30 🚶 Soleful Strutters Walks 11</p> <p>10:00 🚶 Strength & 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 & Flexibility 12</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 & Back</p> <p>7:00 🎲 At the Movies - Action</p>	<p>8:30 🚶 Soleful Strutters Walks 13</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 & Movement 14</p> <p>11:00 ❤️ How to Make Healthy Smoothies</p> <p>2:00 🎲 Out & About</p> <p>6:30 🎲 Share Your Favorite Story</p> <p>7:00 🎲 Board Games</p>
<p>8:00 🏛️ Church Services 15</p> <p>10:00 📖 Bible Study Series</p> <p>11:00 🚶 Music & Movement</p> <p>1:30 ❤️ The Joy of Baking</p> <p>2:30 🧠 Word Search & 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 16</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 17</p> <p>10:00 🧠 This Day in History</p> <p>11:00 🎲 Out & 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 18</p> <p>10:00 🚶 Strength & 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 & Flexibility 19</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 & Balance 20</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 & Flexibility 21</p> <p>11:00 ❤️ Seasonal Tastes</p> <p>2:00 🎲 Out & About Town</p> <p>4:00 🤝 Gratitude Exercises & Activities</p> <p>6:30 🧠 Trivia Challenge</p> <p>7:00 🎲 Board Games</p>
<p>8:00 🏛️ Church Services 22</p> <p>10:00 📖 Bible Study Series</p> <p>11:00 🚶 Music & Movement</p> <p>2:30 🧠 Word Search & Trivia</p> <p>3:30 🤝 Volunteer Projects</p> <p>6:00 🎲 Lucky Strike Bowling</p>	<p>8:30 🚶 Soleful Strutters Walks 23</p> <p>10:00 🚶 Strength & 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 24</p> <p>10:00 🧠 This Day in History</p> <p>11:00 🎲 Out & 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 25</p> <p>10:00 🚶 Strength & 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 & Flexibility 26</p> <p>10:00 🧠 Express Yourself</p> <p>2:30 🌿 Pals & Paws</p> <p>3:30 🎲 Social Hour w/ Entertainment</p> <p>7:00 🎲 At the Movies - Biography</p>	<p>8:30 🚶 Soleful Strutters Walks 27</p> <p>10:00 🚶 Strength & 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 & Flexibility 28</p> <p>11:00 🧠 This Day in History</p> <p>2:00 🎲 Out & About Town</p> <p>6:30 ❤️ Comedy Hour</p> <p>7:00 🎲 Board Games</p>
<p>8:00 🏛️ Church Services 29</p> <p>10:00 📖 Bible Study Series</p> <p>11:00 🚶 Music & 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 30</p> <p>10:00 🚶 Strength & 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>	<div style="text-align: center;">  <p>Example Calendar</p> </div> <ul style="list-style-type: none"> 🌿 Environmental 🧠 Mentally Stimulating ❤️ Nourish Mind & Body 🚶 Physically Active 🤝 Purpose + Meaning in Life 🎲 Social Engagement 				

Transportation:

Shopping: Mondays from 10:30-11:30am & 1:30-2:30pm

Medical Appointments: Wednesdays & Fridays from 9:00am-1:00pm

Church Services: Sundays from 8:45-11:00am