


EMPOWERED LIVING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>8:45 🏛️ Church Services 1</p> <p>10:00 🧘 Guided Meditation</p> <p>1:30 🕺 Dance to Better Health</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 Story Series</p>	<p>8:30 🕺 Soleful Strutters 2</p> <p>9:30 🕺 Fitness Orientation</p> <p>10:30 🕺 Cardio Low Impact</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:30 🕺 SingFit</p> <p>4:00 🏠 Journaling</p> <p>7:00 🎮 Game Night</p>	<p>9:00 🕺 Soleful Strutters 3</p> <p>10:00 🕺 Balance & Strength</p> <p>11:00 🕺 Chair Yoga</p> <p>1:30 🏠 Pay It Forward Series</p> <p>2:30 🧡 Pet Therapy</p> <p>3:30 🌱 Green Thumb Club</p> <p>6:00 🎮 Movie - Comedy</p>	<p>8:30 🕺 Soleful Strutters 4</p> <p>10:00 🕺 Cardio Low Impact</p> <p>11:30 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:00 🕺 SingFit</p> <p>3:30 🧠 Scrapbooking</p> <p>6:00 🎮 Game Night</p> <p>7:00 🧘 Guided Meditation</p>	<p>9:00 🕺 Balance & Strength 5</p> <p>10:00 🌱 Aromatherapy</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 6</p> <p>10:00 🕺 Cardio Low Impact</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:00 🧠 Life Skills</p> <p>3:30 🎮 Social Hour w/ Entertainment</p> <p>6:00 🎮 Deal Me In Cards</p>	<p>10:00 🕺 Moving in Motion 7</p> <p>11:00 🎮 Excursion</p> <p>4:00 🌱 Outdoor Photography</p> <p>7:00 🧠 Movie - Biography</p>	
<p>8:45 🏛️ Church Services 8</p> <p>10:00 🧘 Guided Meditation</p> <p>11:00 🧠 Tech Time</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 🎮 Jenga Game</p>	<p>8:30 🕺 Walking Club 9</p> <p>10:00 🕺 Strength & Balance</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:30 🕺 SingFit</p> <p>4:00 🕺 Zumba Gold</p> <p>7:00 🎮 Deal Me In Cards</p>	<p>9:00 🕺 Find Your Fit 10</p> <p>10:00 🧠 Express Yourself - Acting</p> <p>11:00 🕺 Tai Chi</p> <p>1:30 🕺 Mobility Reviews</p> <p>2:30 🧠 Engage Your Brain</p> <p>3:30 🧠 Tech Time</p> <p>6:00 🎮 American Song Book</p> <p>7:00 🎮 Movie - Documentary</p>	<p>8:30 🕺 Walking Club 11</p> <p>10:00 🕺 Strength & Balance</p> <p>11:30 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>3:30 🕺 Move to Music</p> <p>6:00 🎮 Game Night</p> <p>7:00 🧘 Guided Meditation</p>	<p>9:00 🕺 Find Your Fit 12</p> <p>10:00 🧡 Express Yourself</p> <p>11:30 🕺 Tai Chi</p> <p>2:30 🏠 Journal Workshop</p> <p>3:30 🧠 Tech Time</p> <p>4:00 🧠 TED Talks</p> <p>6:00 🏠 Charity Bingo</p> <p>7:00 🎮 At the Movies - Action</p>	<p>8:30 🕺 Walking Club 13</p> <p>10:00 🕺 Strength & Balance</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:30 🕺 Yoga & Breathe</p> <p>3:30 🎮 Social Hour w/ Entertainment</p> <p>6:00 🎮 Deal Me In Cards</p>	<p>10:00 🕺 Stretch Class 14</p> <p>11:00 🧠 Book Club Reviews</p> <p>11:30 🎮 Excursion</p> <p>4:00 🧠 The Great Courses</p> <p>6:30 🎮 Comedy Hour</p> <p>7:00 🎮 Board Games</p>	
<p>10:00 🧘 Guided Meditation 15</p> <p>11:00 🧠 Tech Time</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 🕺 Walking Club 16</p> <p>10:00 🕺 Strength & Balance</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:30 🏠 Journal Workshop</p> <p>4:00 🕺 Zumba Gold</p> <p>7:00 🎮 Deal Me In Cards</p>	<p>9:00 🕺 Find Your Fit 17</p> <p>10:00 🧠 Express Yourself - Acting</p> <p>11:00 🕺 Tai Chi</p> <p>1:30 🕺 Mobility Reviews</p> <p>2:30 🧠 Engage Your Brain</p> <p>3:30 🧠 Tech Time</p> <p>6:00 🎮 American Song Book</p> <p>7:00 🎮 Movie - Comedy</p>	<p>8:30 🕺 Walking Club 18</p> <p>10:00 🕺 Strength & Balance</p> <p>11:30 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:00 🎮 Bowling Tournament</p> <p>3:30 🕺 Move to Music</p> <p>6:00 🎮 Game Night</p> <p>7:00 🧘 Guided Meditation</p>	<p>9:00 🕺 Find Your Fit 19</p> <p>10:00 🧡 Express Yourself</p> <p>11:30 🕺 Tai Chi</p> <p>2:30 🏠 Journal Workshop</p> <p>3:30 🧠 Tech Time</p> <p>4:00 🧠 TED Talks</p> <p>6:00 🎮 Travel Club</p> <p>7:00 🎮 At the Movies - Romance</p>	<p>10:00 🕺 Strength & Balance 20</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:30 🕺 Yoga & Breathe</p> <p>3:30 🎮 Social Hour w/ Entertainment</p> <p>6:00 🎮 Deal Me In Cards</p>	<p>9:30 🕺 Stretch Class 21</p> <p>11:30 🎮 Excursion</p> <p>4:00 🧠 Book Club Review</p> <p>6:30 🎮 Comedy Hour</p> <p>7:00 🎮 Board Games</p>	
<p>8:45 🏛️ Church Services 22</p> <p>10:00 🧘 Guided Meditation</p> <p>11:00 🧠 Tech Time</p> <p>1:30 🕺 Dancing</p> <p>2:30 🧠 Word Search & Trivia</p> <p>3:30 🏠 Volunteer Projects</p> <p>4:30 🎮 Lucky Strike - Wii Bowling</p> <p>7:00 🎮 Stay Connected Social</p>	<p>8:30 🕺 Walking Club 23</p> <p>10:00 🕺 Strength & Balance</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:30 🏠 Journal Workshop</p> <p>4:00 🕺 Zumba Gold</p> <p>7:00 🎮 Deal Me In Cards</p>	<p>9:00 🕺 Find Your Fit 24</p> <p>10:00 🧠 Express Yourself - Acting</p> <p>11:00 🕺 Tai Chi</p> <p>1:30 🕺 Mobility Reviews</p> <p>2:30 🧠 Engage Your Brain</p> <p>3:30 🧠 Tech Time</p> <p>6:00 🎮 American Song Book</p> <p>7:00 🎮 Movie - Comedy</p>	<p>8:30 🕺 Walking Club 25</p> <p>10:00 🕺 Strength & Balance</p> <p>11:30 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:00 🎮 Wii Bowling Tournament</p> <p>3:30 🕺 Move to Music</p> <p>6:00 🎮 Game Night</p> <p>7:00 🧘 Guided Meditation</p>	<p>9:00 🕺 Find Your Fit 26</p> <p>10:00 🧡 Express Yourself</p> <p>11:30 🕺 Tai Chi</p> <p>2:30 🏠 Journal Workshop</p> <p>3:30 🧠 Tech Time</p> <p>4:00 🧠 TED Talks</p> <p>6:00 🎮 Travel Club</p> <p>7:00 🎮 At the Movies - Biography</p>	<p>10:00 🕺 Strength & Balance 27</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:30 🕺 Yoga & Breathe</p> <p>3:30 🎮 Social Hour w/ Entertainment</p> <p>6:00 🎮 Deal Me In Cards</p>	<p>10:00 🕺 Stretch Class 28</p> <p>11:00 🧠 Book Club Reviews</p> <p>11:30 🎮 Excursion</p> <p>4:00 🧠 Learning a New Language</p> <p>6:30 🎮 Comedy Hour</p> <p>7:00 🎮 Board Games</p>	
<p>8:00 🏛️ Church Services 29</p> <p>10:00 🧘 Guided Meditation</p> <p>11:00 🧠 Tech Time</p> <p>1:30 🕺 Dancing</p> <p>2:30 🧠 Word Search & Trivia</p> <p>3:30 🏠 Volunteer Projects</p> <p>4:30 🎮 Lucky Strike Wii Bowling</p> <p>7:00 🎮 Stay Connected Social</p>	<p>8:30 🕺 Walking Club 30</p> <p>10:00 🕺 Strength & Balance</p> <p>11:00 🧠 Engage Your Brain</p> <p>1:30 🧡 Art Expression</p> <p>2:30 🏠 Journal Workshop</p> <p>4:30 🕺 Zumba Gold</p> <p>7:00 🎮 Deal Me In Cards</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