


| 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>                                       | <div style="text-align: center;">  <p><b>Example Calendar</b></p> </div> <ul style="list-style-type: none"> <li>🌿 Environmental</li> <li>🧠 Mentally Stimulating</li> <li>❤️ Nourish Mind &amp; Body</li> <li>🚶 Physically Active</li> <li>🏠 Purpose + Meaning in Life</li> <li>🎳 Social Engagement</li> </ul> |   |   |   |  |

**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