



Senior Living Activity Calendar – Sample

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | 1 | 2 | 3 | 4 | 5 | 6 |
|  | 10:30 Seated Exercise Video 2:00 Cookies & Coffee 3:00 Active Minds Presentation 6:00 Movie Night 6:00 Game Night | 9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 1:00 Pool (Billiards) 2:00 BINGO 2:00 Cookies & Coffee 3:30 Parkinson's Support Group 6:30 Bridge Club | 9:00 Coffee and News 10:30 Worship Service 2:00 Hand & Foot Card Game 2:00 Cookies & Coffee 3:15 Live Music 6:00 Evening Movie | 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 1:00 Trivia Time 12:30 Shopping Outing 2:00 Cribbage 2:00 Yahtzee Dice Game 2:00 Cookies & Coffee 3:00 Sing Along with Joey | 9:30 Coffee and News 9:30 Virtual Catholic Mass 10:30 Chair Yoga Video 2:00 Hand & Foot 2:00 Cookies & Coffee 2:30 Music Appreciation 3:30 Crafty Club | 10:30 Seated Exercise Video 2:00 Matinee Movie 2:00 Cookies & Coffee 4:00 Wild-Life Documentary |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 10:30 Seated Exercise Video 12:00 Minnesota Vikings Game 2:00 Cookies & Coffee 2:00 Exploring Europe Show 3:15 Travelogue Presentation 5:00 Panda Bear Live Stream | 10:30 Alyssa Drawing Class 10:30 Educational Presentation 2:00 Book Club 2:00 Cookies & Coffee 6:00 Movie Night 6:00 Game Night | 9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 2:00 BINGO 2:00 Cookies & Coffee 6:30 Bridge Club | 9:00 Coffee and News 10:30 Worship Service 2:00 Hand & Foot Card Game 2:00 Cookies & Coffee 3:00 Birthday Social 6:00 Evening Movie | 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 11:00 Catholic Communion 12:30 Shopping Outing 2:00 Cribbage 2:00 Cookies & Coffee 2:00 Live Music | 9:30 Virtual Catholic Mass 10:30 Chair Yoga Video 11:30 Ladies Lunch Out 2:00 Cribbage Club 2:00 Cookies & Coffee 2:30 Music Appreciation 3:30 Crafty Club | 10:30 Seated Exercise Video 2:00 Matinee Movie 2:00 Live Music 2:00 Cookies & Coffee 4:00 Wild-Life Documentary |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 10:30 Seated Exercise Video 2:00 Cookies & Coffee 2:00 Exploring Europe Show 3:05 Minnesota Vikings Game 5:00 Panda Bear Live Stream | 10:30 Seated Exercise Video 1:00 Live Music 2:00 Resident Town Hall 2:00 Cookies & Coffee 3:00 Active Minds Presentation 5:00 Men's Dinner Out 6:00 Movie Night | 9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 2:00 BINGO 2:00 Cookies & Coffee 3:30 Parkinson's Support Group 6:30 Bridge Club | 9:00 Coffee and News 10:30 Worship Service 2:00 Hand & Foot Card Game 2:00 Cookies & Coffee 3:15 Game Group 6:00 Evening Movie | 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 12:30 Shopping Outing 2:00 Cribbage 2:00 Low Vision Support Grp 2:00 Cookies & Coffee | 9:30 Virtual Catholic Mass 10:30 Chair Yoga Video 12:30 Tour of State Capital 2:00 Coffee with the Chef 2:30 Music Appreciation 3:30 Crafty Club | 10:30 Seated Exercise Video 2:00 Matinee Movie 2:00 Cookies & Coffee 4:00 Wild-Life Documentary |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 10:30 Seated Exercise Video 12:00 Minnesota Vikings Game 2:00 Cookies & Coffee 2:00 Exploring Europe Show 3:15 Travelogue Presentation 5:00 Panda Bear Live Stream | 10:30 Drawing Class 10:30 Seated Exercise Video 2:00 Educational Presentation 2:00 Cookies & Coffee 3:00 Bill Mann Music 6:00 Movie Night | 9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 2:00 BINGO 2:00 Cookies & Coffee 6:30 Bridge Club | 9:00 Coffee and News 10:30 Worship Service 11:00 Catholic Communion 2:00 Hand & Foot Card Game 2:00 Cookies & Coffee 5:00 Ladies Dinner In! 6:00 Evening Movie | 10:30 Seated Exercise Video 12:30 Shopping Outing 2:00 Cribbage 2:00 Cookies & Coffee 2:00 Yahtzee Dice Game | 9:30 Virtual Catholic Mass 10:30 Chair Yoga Video 2:00 Cribbage Club 2:00 Cookies & Coffee 2:30 Music Appreciation 3:30 Crafty Club | 10:30 Seated Exercise Video 1:00 Chair Massages 2:00 Matinee Movie 2:00 Cookies & Coffee 4:00 Wild-Life Documentary |
| 28 | 29 | 30 | | | | |
| 10:30 Seated Exercise Video 2:00 Cookies & Coffee 2:00 Exploring Europe Show 3:25 Minnesota Vikings Game 5:00 Panda Bear Live Stream | 9:30 Virtual Catholic Mass 10:30 Seated Exercise Video 2:00 Live Music 2:00 Cookies & Coffee 3:15 Mixology Class 6:00 Movie Night | 9:30 Virtual Catholic Mass 10:00 Chair Fitness W/ Michele 10:30 Seated Exercise Video 2:00 BINGO 2:00 Cookies & Coffee 6:30 Bridge Club | | | | |

Memory Care Activity Calendar – Sample

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  | 1 | 2 | 3 | 4 | 5 | 6 |
| | 10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Snack, Sip, & Social 2:30 Fun & Games 4:00 Coffee Social 5:30 Colorful Creations | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Word Games 2:00 Live Music 3:00 Snack, Sip, & Social 3:30 Sing Along 5:30 Movie Night | 10:00 Let's Bake! 11:00 Daily Devotion 1:00 Worship Service 2:00 Snack, Sip, & Social 2:30 Art with Heart 3:30 Fun & Games 5:30 Sing Along: Hymnals | 10:00 Sit N' Fit 10:30 Balloon Ball 1:00 Word Games 2:00 Snack, Sip, & Social 3:00 Flower Arranging 5:30 Movie Night | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Live Music 2:00 Snack, Sip, & Social 2:30 Manicures 4:00 Coffee Social 5:30 Colorful Creations | 10:00 Saturday Stretch 10:30 Coffee & News 1:00 Fun & Games 2:00 Happy Hour 2:30 Matinee Movie 4:00 Coffee Social 5:30 Sing Along |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 10:00 Virtual Worship Service 11:00 Daily Devotion 1:30 Sing & Stretch 2:00 Sunday Sundaes 2:30 Poetry Session 3:30 Sing Along: Hymnals 5:30 1 on 1's | 10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Snack, Sip, & Social 2:30 Scenic Drive 4:00 Coffee Social 5:30 Colorful Creations | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Educational Presentation 3:00 Snack, Sip, & Social 3:30 Sing Along 5:30 Movie Night | 10:00 Let's Bake! 11:00 Daily Devotion 1:00 Worship Service 2:00 Snack, Sip, & Social 2:30 Art with Heart 3:30 Fun & Games 5:30 Sing Along: Hymnals | 10:00 Sit N' Fit 10:30 Balloon Ball 1:00 Word Games 2:00 Snack, Sip, & Social 2:30 Flower Arranging 4:00 Coffee Social 5:30 Movie Night | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Live Music 2:00 Snack, Sip, & Social 2:30 Manicures 4:00 Coffee Social 5:30 Colorful Creations | 10:00 Saturday Stretch 10:30 Coffee & News 1:00 Fun & Games 1:00 Chair Massages 2:00 Happy Hour 2:30 Matinee Movie 4:00 Coffee Social 5:30 Sing Along |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 10:00 Virtual Worship Service 11:00 Daily Devotion 1:30 Sing & Stretch 2:00 Sunday Sundaes 2:30 Poetry Session 3:30 Sing Along: Hymnals 5:30 1 on 1's | 10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Snack, Sip, & Social 2:30 Fun & Games 4:00 Coffee Social 5:30 Colorful Creations | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Educational Presentation 2:00 Snack, Sip, & Social 2:30 Word Games 3:30 Sing Along 5:30 Movie Night | 10:00 Let's Bake! 11:00 Daily Devotion 1:00 Worship Service 2:00 Snack, Sip, & Social 2:30 Art with Heart 3:30 Fun & Games 5:30 Sing Along: Hymnals | 10:00 Sit N' Fit 10:30 Balloon Ball 1:00 Word Games 2:00 Snack, Sip, & Social 2:30 Flower Arranging 4:00 Coffee Social 5:30 Movie Night | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Live Music 2:00 Snack, Sip, & Social 2:30 Manicures 4:00 Coffee Social 5:30 Colorful Creations | 10:00 Saturday Stretch 10:30 Coffee & News 1:00 Fun & Games 2:00 Happy Hour 2:30 Matinee Movie 4:00 Coffee Social 5:30 Sing Along |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 10:00 Virtual Worship Service 11:00 Daily Devotion 1:30 Sing & Stretch 2:00 Sunday Sundaes 2:30 Poetry Session 3:30 Sing Along: Hymnals 5:30 1 on 1's | 10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Snack, Sip, & Social 2:30 Scenic Drive 4:00 Coffee Social 5:30 Colorful Creations | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Educational Presentation 2:00 Snack, Sip, & Social 2:30 Word Games 3:30 Sing Along 5:30 Movie Night | 10:00 Let's Bake! 11:00 Daily Devotion 1:00 Worship Service 2:00 Monthly Birthday Party 2:30 Art with Heart 3:30 Fun & Games 5:30 Sing Along: Hymnals | 10:00 Sit N' Fit 10:30 Coffee & News 1:00 Word Games 2:00 Snack, Sip, & Social 2:30 Flower Arranging 4:00 Coffee Social 5:30 Movie Night | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Live Music 2:00 Snack, Sip, & Social 2:30 Manicures 4:00 Coffee Social 5:30 Colorful Creations | 10:00 Saturday Stretch 10:30 Coffee & News 1:00 Fun & Games 2:00 Happy Hour 2:30 Matinee Movie 4:00 Coffee Social 5:30 Sing Along |
| 28 | 29 | 30 | | | | |
| 10:00 Virtual Worship Service 11:00 Daily Devotion 1:30 Sing & Stretch 2:00 Sunday Sundaes 2:30 Poetry Session 3:30 Sing Along: Hymnals 5:30 1 on 1's | 10:00 Sit N' Fit 10:30 Balloon Ball 1:30 Trivia Time 2:00 Live Music 3:00 Snack, Sip, & Social 3:30 Fun & Games 5:30 Colorful Creations | 10:00 Sit N' Fit 10:30 Music & Movement 1:00 Travelogue: Norway 2:00 Snack, Sip, & Social 2:30 Word Games 3:30 Sing Along 5:30 Movie Night | | | | |