

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 Sunday Morning Church 10:00 Silver Sneakers 11:00 Noodle ball 1:00 Rest and Relaxation 2:00 Assorted Games 3:00 Movie Time	9:30 Exercise Class 10:00 Morning Snack 10:30 Daily Chronicles 11:30 Assorted Games 1:00 Rest and relaxation 1:15 Social time wih Liz 2:00 Color and conversation 3:00 Manicures 3:30- Back Porch Hangs	9:30 Exercise Class 10:00- Morning Snack 10:30- Daily Chronicle 11:00- Crafting 1:00 Rest and relaxation 1:30- Yoga with InstruMix 2:00 Bingo buddies 3:30 Puzzle time	9:30 Exercise class 10:00- Morning Snack 10:30 Daily Chronicles 11:00- Noodle Ball 1:00 Rest and relaxation 1:15- Social time wih Liz 2:00 Color and Conversation 3:00- Sorting and Sensory	9:30 Exercise class 10:00- Morning Snack 10:30 Daily Chronicles 11:00 Balloon volleyball 1:00 Rest and relaxation 1:30 Assorted Games 2:00 - Bible Study 3:00 Whole Brain Health	9:30 Exercise class 10:00 Morning Snack 10:30 Daily Chronicles 11:00- Noodle Ball 1:00 Rest and relaxation 1:30- Assorted Games 2:30 Harbor Happy Hour 3:30 Reminiscing	9:30 Sittercise 10:30 Daily chronicle 11:00 Coffee and conversation 1:00 Rest and relaxation 2:00 Color and conversation 3:00 Assorted Games 6:00 Movie Time	
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9:30 Sunday Morning Church 10:00 Silver Sneakers 11:00 Noodle ball 1:00 Rest and Relaxation 2:00 Assorted Games 3:00 Movie Time	9:30 Exercise Class 10:00 Morning Snack 11:00 Daily Chronicles 11:30 Assorted Games 1:00 Rest and relaxation 1:15 Social time wih Liz 2:00 Christmas Movie 3:30- Back Porch Hangs	9:30 Exercise Class 10:00- Morning Snack 10:30- Daily Chronicle 11:00- Holiday Crafting 1:00 Rest and relaxation 1:30- Yoga with InstruMix 2:00 Bingo buddies 3:30 Puzzle time	9:30 Exercise class 10:00- Morning Snack 10:30 Holiday Games 11:00- Daily Chronicles 1:00 Rest and relaxation 1:15- Social time wih Liz 2:00 Color and Conversation 3:00- Sorting and Sensory	9:30 Exercise class 10:00- Morning Snack 10:30 Daily Chronicles 11:00 Balloon volleyball 1:00 Rest and relaxation 1:00 Christmas Cookie Decorating 2:00 - Bible Study 3:00 Whole Brain Health	9:30 Exercise class 10:00 Morning Snack 10:30 Daily Chronicles 11:00- Noodle Ball 1:00 Rest and relaxation 1:30- Assorted Games 2:30 Holiday Happy Hour 3:30 Reminiscing	9:30 Sittercise 10:30 Daily chronicle 11:00 Coffee and conversation 1:00 Rest and relaxation 2:00 Color and conversation 3:00 Assorted Games 6:00 Movie Time Winter Begins	
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