



DR - Dining room

Untagged Action Anticipation Artistry Generosity Learning
Melody Reflection Emotional Cognitive Physical Social
Spiritual Environmental Health Intellectual

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:15am Yoga 11:30am DR Lunch 12:30pm Monthly Gazette 1:30pm DR PM Snack 2:00pm Paint by Numbers 3:00pm Reminiscence Music 4:00pm Trivia	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Food Trivia 11:30am DR Lunch 12:30pm Workout Wednesday 1:30pm DR PM Snack 2:00pm Charades 3:00pm Bingo 4:00pm Blackout BINGO	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Arts & Crafts 11:30am DR Lunch 12:30pm Zumba 1:30pm DR PM Snack 2:00pm Creative Snacks 3:00pm Word Games 4:00pm Balloon Volleyball	All day Closed for Holiday
7	8	9	10	11
7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Morning Stretches 11:30am DR Lunch 12:30pm Left Right Story 1:30pm DR PM Snack 2:00pm Bingo 3:00pm Blackout BINGO 4:00pm Cranium crunches	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:15am Yoga 11:30am DR Lunch 12:30pm Arts & Crafts 1:30pm DR PM Snack 2:00pm Horse Races 3:00pm Word Games 4:00pm YouTube	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Sensory Activities 11:30am DR Lunch 12:30pm Workout Wednesday 1:30pm DR PM Snack 2:00pm Bingo 3:00pm Blackout BINGO 4:00pm Celebrity Trivia	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Memory Game 11:30am DR Lunch 12:30pm Zumba 1:30pm DR PM Snack 2:00pm Miniature Golf 3:00pm Sports Trivia 4:00pm Balloon Volleyball	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Balloon Basketball 11:30am DR Lunch 12:30pm Aging is Cool 1:30pm DR PM Snack 2:00pm Jeopardy 3:00pm Movie & Popcorn
14	15	16	17	18
7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Music w/ Jeff 11:30am DR Lunch 12:30pm Painting 1:30pm DR PM Snack 2:00pm Stretch Workout 3:00pm Word Games 4:00pm Jeopardy	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:15am Yoga 11:30am DR Lunch 12:30pm Splash Day 1:30pm DR PM Snack 3:00pm Movie	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Junk Drawer Detective 11:30am DR Lunch 12:30pm Workout Wednesday 1:30pm DR PM Snack 2:00pm Bingo 3:00pm Blackout BINGO 4:00pm Dominoes	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Music Therapy 11:30am DR Lunch 12:30pm Zumba 1:30pm DR PM Snack 2:00pm Table Hockey 3:00pm Nifty Nails 4:00pm Live Music	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Whats your verdict 11:30am DR Lunch 12:30pm Aging is Cool 1:30pm DR PM Snack 2:00pm Ping Pong Toss 3:00pm Movie & Popcorn
21	22	23	24	25
7:00am Coffee, Art & Chat 9:00am Music Memories 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Magazine Scavenger Hunt 11:30am DR Lunch 1:30pm DR PM Snack 2:00pm Balloon Volleyball 3:00pm Jeopardy 4:00pm Puzzles	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:15am Yoga 11:30am DR Lunch 12:30pm Music w/ Bones 1:30pm DR PM Snack 2:00pm Activity w/ ACC OT Students 3:00pm Ping Pong Toss 4:00pm Games w/ Friends	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Meditation 11:30am DR Lunch 12:30pm Workout Wednesday 1:30pm DR PM Snack 2:00pm Bingo 3:00pm Blackout BINGO 4:00pm Balloon Man	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 11:30am DR Lunch 12:30pm Origami 12:30pm Zumba 1:30pm DR PM Snack 2:00pm Activity w/ ACC OT Students 3:00pm Nifty Nails 4:00pm Trivia stretches	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Music w/ Ian 11:30am DR Lunch 12:30pm Aging is Cool 1:30pm DR PM Snack 2:00pm Readers Theater 3:00pm Movie & Popcorn
28	29	30	31	All activities are subject to change.
7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Music w/ Jeff 11:30am DR Lunch 12:30pm Country Tunes w/ Casey 1:30pm DR PM Snack 2:00pm Afternoon Stretches 3:00pm Picture Bingo 4:00pm Balloon Man	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:15am Yoga 11:30am DR Lunch 12:30pm Storytelling 1:30pm DR PM Snack 2:00pm Singo BINGO 3:00pm Balloon Volleyball	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Trivia 11:30am DR Lunch 12:30pm Workout Wednesday 1:30pm DR PM Snack 2:00pm Bingo 3:00pm Blackout BINGO 4:00pm Jeopardy	7:00am Coffee, Art & Chat 9:30am DR Breakfast 10:00am Daily Chronicle 10:30am Arts and Crafts 11:30am DR Lunch 12:30pm Exercise Sit & Dance 1:30pm DR PM Snack 2:00pm Trivia stretches 3:00pm Magazine Scavenger Hunt 4:00pm Puzzles	All activities are subject to change.