

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



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- 9:00 Coffee & Chat
- 10:00 Morning Exercise
- 10:30 Reminisce Together
- 11:00 Trivia with Lynn
- 2:00 Walking Club
- 3:00 Karaoke Social
- 4:00 Dominoes with Brenda
- 6:00 Easy Listening

2

- 9:00 Coffee & Chat
- 10:00 Shopping Trip
- 10:00 Barre Class with Jeanne
- 10:30 Salon Day
- 11:00 Trivia Challenge
- 1:00 Garden Club
- 2:00 Tai Chi Video
- 3:00 Happy Hour Cart
- 4:00 Bingo

3

- 9:00 Coffee & Chat
- 10:00 Morning Exercise
- 11:00 Baking Class Favorite Recipes
- 1:00 UNO Card Game
- 2:00 Afternoon Stretch
- 2:00 Scenic Trip
- 3:00 Care Packages
- 4:00 Word Search Race
- 6:00 Name That Tune

4

- 9:00 Coffee & Chat
- 10:00 Morning Exercise
- 11:00 Daily Events
- 1:00 Laughter Yoga
- 2:00 Walking Club
- 3:00 Tea Time
- 4:00 Sudoku Puzzles
- 6:00 Easy Listening

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- 9:00 Coffee & Chat
- 10:00 Morning Exercise
- 11:00 Crossword Puzzles
- 1:00 Discussion Group
- 2:00 Walking Club
- 3:00 Jigsaw Puzzles
- 4:00 Name that Tune
- 6:00 Easy Listening

6

- 9:00 Coffee & Chat
- 10:00 Morning Exercise
- 10:30 Manicures with Dawn
- 11:00 Word in a Word
- 1:00 Paint and Sip
- 1:30 Singing Club with Jeanne
- 2:00 Afternoon Stretch
- 3:00 Book Club
- 6:00 Movie Night

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- 9:00 Coffee & Chat
- 10:00 Barre Class with Jeanne
- 11:00 Scrabble
- 1:00 Tai Chi with Dawn
- 2:00 Snack & Social
- 3:00 Music Trivia
- 4:00 Brain Games
- 6:30 Mindful Meditation

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Title

Text

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social