

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1FA 1st Floor Activity Area BML Bistro Main Lobby DR Dining Room LR Living Room PTO Patio RR Reflection Room		9:30 Daily News (LR) <b>1</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>2</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>3</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>4</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 2:30 Whole Home Bingo Social 6:30 Evening Social 7:00 <b>Friday Movie Night</b> 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>5</b> 10:00 Rosary and Chaplet 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 11:00 Holy Communion 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection
9:30 Daily News (LR) <b>6</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 2:00 Family Bingo 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>7</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Catholic Mass 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>8</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>9</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>10</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>11</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 2:30 Whole Home Bingo Social 6:30 Evening Social 7:00 <b>Friday Movie Night</b> 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>12</b> 10:00 Rosary and Chaplet 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 11:00 Holy Communion 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection
9:30 Daily News (LR) <b>13</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 2:00 Family Bingo 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>14</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>15</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>16</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>17</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>18</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 2:30 Whole Home Bingo Social 6:30 Evening Social 7:00 <b>Friday Movie Night</b> 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>19</b> 10:00 Rosary and Chaplet 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 11:00 Holy Communion 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection
9:30 Daily News (LR) <b>20</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 2:00 Family Bingo 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>21</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>22</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>23</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>24</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 10:30 <b>Chris with Drumming Circle!</b> 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>25</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 2:30 Whole Home Bingo Social 6:30 Evening Social 7:00 <b>Friday Movie Night</b> 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>26</b> 10:00 Rosary and Chaplet 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 11:00 Holy Communion 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection
9:30 Daily News (LR) <b>27</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 2:00 Family Bingo 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>28</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>29</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>30</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection	9:30 Daily News (LR) <b>31</b> 10:00 Exercise Essentials (LR) 10:15 Sing-a-Long (LR) 2:00 Go4Life® Walking Club 6:30 Evening Social 8:45 Meditation & Reflection		