

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ARAL Activity Room B IL Bistro CPAL Central Park CRIL Card Room DRIL Dining Room FE IL Front Entrance					9:00 Senior Stretch 1 9:45 Exercise Essentials 10:30 Year in Review with Susan (CR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga (AR) 3:00 TGIF Social 7:15 Movie and Popcorn	9:00 Senior Stretch 2 9:45 Senior Stretch 11:15 Scenic Drive (FE) 1:30 Bingo (DR) 4:00 Wii Bowling (AR) 7:15 Saturday Night at the Movies
8:45 St.John's Church Trip 3 9:00 Wood's Church Trip 9:00 Senior Stretch 9:45 Senior Stretch 10:30 Severna Park Methodist Church Trip 2:00 Birthday Celebration Music with Betty	9:00 Senior Stretch 4 9:45 Exercise Essentials 10:00 Trip to Giant Grocery Store Leaving AL 10:30 Coffee and Current Event with Bill (CR) 2:00 Mass With St. Johns Church 2:15 Let's Go Cruising Around Town (FE) 3:30 Trivia Time (CR) 6:30 Wii Bowling (AR)	9:00 Senior Stretch 5 9:45 Senior Stretch 10:00 Trip to Giant Grocery Store (FE) 1:30 Bayada Wellness Visit (B) 1:30 Craft Club (AR) 3:00 Meet Your New Neighbor Social (B) 3:30 Resident Council (DR) 6:15 Come Sing Hymns with Lucia (CP)	9:00 Senior Stretch 6 9:45 Garden Club (AR) 9:45 Exercise Essentials 10:00 SingFit® (DR) 10:30 Jewellery Making Class (B) 2:00 Bingo (DR) 3:00 House Social 3:30 Armchair Yoga (AR) 7:15 Scrabble Board Game (CR)	9:00 Senior Stretch 7 9:45 Senior Stretch 11:00 Lunch Bunch Trip 2:30 Resident's Activity Meeting (B) 3:00 Chime Choir (DR) 4:00 Trivia (B) 7:15 Poker Night (CR)	9:00 Senior Stretch 8 9:45 Exercise Essentials 10:30 Year in Review with Susan (CR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga (AR) 3:00 TGIF Social 3:30 SingFit® (CP) 7:15 Movie and Popcorn	9:00 Senior Stretch 9 9:45 Senior Stretch 11:15 Scenic Drive (FE) 1:30 Bingo (DR) 4:00 Wii Bowling (AR) 7:15 Saturday Night at the Movies
8:45 St.John's Church Trip 10 9:00 Wood's Church Trip 9:00 Senior Stretch 9:45 Senior Stretch 10:30 Severna Park Methodist Church Trip 3:00 Po Ke No (DR)	9:00 Senior Stretch 11 9:45 Exercise Essentials 10:00 Trip to Giant Grocery Store Leaving AL 10:30 Coffee and Current Event with Bill (CR) 2:00 Communion and Rosary 2:15 Let's Go Cruising Around Town (FE) 3:30 Trivia Time (CR) 6:30 Wii Bowling (AR)	9:00 Senior Stretch 12 9:45 Senior Stretch 10:00 Trip to Giant Grocery Store (FE) 1:30 Bayada Wellness Visit (B) 1:30 Craft Club (AR) 2:00 Guest Speaker with Bayada Home Health Care (B) 3:00 Crossword Puzzle (DR)	9:00 Senior Stretch 13 9:45 Garden Club (AR) 9:45 Exercise Essentials 10:00 SingFit® (DR) 1:00 Dining Meeting (DR) 2:00 Bingo (DR) 3:00 House Social 3:30 Armchair Yoga (AR) 7:15 Scrabble Board Game (CR)	9:00 Senior Stretch 14 9:45 Senior Stretch 11:00 Lunch Bunch Trip 2:30 Paint to Music (AR) 4:00 Trivia (B) 7:15 Poker Night (CR)	9:00 Senior Stretch 15 9:45 Exercise Essentials 10:30 Year in Review with Susan (CR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga (AR) 3:00 TGIF Social 3:30 SingFit® (CP) 7:15 Movie and Popcorn	9:00 Senior Stretch 16 9:45 Senior Stretch 11:15 Scenic Drive (FE) 1:30 Bingo (DR) 4:00 Wii Bowling (AR) 7:15 Saturday Night at the Movies
8:45 St.John's Church Trip 17 9:00 Wood's Church Trip 9:00 Senior Stretch 9:45 Senior Stretch 10:30 Severna Park Methodist Church Trip 3:00 Hymn Song with Sheila	9:00 Senior Stretch 18 9:45 Exercise Essentials 10:00 Trip to Giant Grocery Store Leaving AL 10:30 Coffee and Current Event with Bill (CR) 2:00 Communion and Rosary 2:15 Let's Go Cruising Around Town (FE) 3:30 Trivia Time (CR) 6:30 Wii Bowling (AR)	9:00 Senior Stretch 19 9:45 Senior Stretch 10:00 Trip to Giant Grocery Store (FE) 1:30 Bayada Wellness Visit (B) 1:30 Craft Club (AR) 2:00 Pottery Patch Visit 3:00 Crossword Puzzle (DR) 6:15 Come Sing Hymns with Lucia (CP)	9:00 Senior Stretch 20 9:45 Garden Club (AR) 9:45 Exercise Essentials 10:00 SingFit® (DR) 10:30 Jewellery Making Class (B) 2:00 Bingo (DR) 3:00 House Social 3:30 Armchair Yoga (AR) 7:15 Scrabble Board Game (CR)	9:00 Senior Stretch 21 9:45 Senior Stretch 10:30 Woods Prayer Service (CP) 11:00 Lunch Bunch Trip 1:30 Art Club (AR) 3:00 Chime Choir (DR) 4:00 Trivia (B) 7:15 Poker Night (CR)	9:00 Senior Stretch 22 9:45 Exercise Essentials 10:30 Year in Review with Susan (CR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga (AR) 3:00 TGIF Social 3:30 SingFit® (CP) 7:15 Movie and Popcorn	9:00 Senior Stretch 23 9:45 Senior Stretch 11:15 Scenic Drive (FE) 1:30 Bingo (DR) 4:00 Wii Bowling (AR) 7:15 Saturday Night at the Movies
8:45 St.John's Church Trip 24 9:00 Wood's Church Trip 9:00 Senior Stretch 9:45 Senior Stretch 10:30 Severna Park Methodist Church Trip 2:30 Fellowship Service (AR) 3:00 Po Ke No (DR)	9:00 Senior Stretch 25 9:45 Exercise Essentials 10:00 Trip to Giant Grocery Store Leaving AL 10:30 Coffee and Current Event with Bill (CR) 2:00 Communion and Rosary 2:15 Let's Go Cruising Around Town (FE) 3:30 Trivia Time (CR) 6:30 Wii Bowling (AR)	9:00 Senior Stretch 26 9:45 Senior Stretch 10:00 Trip to Giant Grocery Store (FE) 1:30 Bayada Wellness Visit (B) 1:30 Craft Club (AR)	9:00 Senior Stretch 27 9:45 Garden Club (AR) 9:45 Exercise Essentials 10:00 SingFit® (DR) 2:00 Bingo (DR) 3:00 House Social 3:30 Armchair Yoga (AR) 7:15 Scrabble Board Game (CR)	9:00 Senior Stretch 28 9:00 Let's Make PB& J's for Homeless Shelter (DR) 9:45 Senior Stretch 11:00 Lunch Bunch Trip 1:30 Art Club (AR) 3:30 Music with Geoffrey (B) 7:15 Poker Night (CR)	9:00 Senior Stretch 29 9:45 Exercise Essentials 10:30 Year in Review with Susan (CR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga (AR) 3:00 TGIF Social 3:30 SingFit® (CP) 7:15 Movie and Popcorn	9:00 Senior Stretch 30 9:45 Senior Stretch 11:15 Scenic Drive (FE) 1:30 Bingo (DR) 4:00 Wii Bowling (AR) 7:15 Saturday Night at the Movies