

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room B Bistro Bus Bus LWF Live with Fulfillment Club Hub R Reminiscence					9:15 Card Games with Ebony <b>1</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise with noodles & Hydration (AR) 10:30 Left Right Center (LWF) 1:30 Pizza Making (LWF) 2:30 Pizza Time Social (B) 3:00 Sing Fit with Ellen (B) 3:30 Go4Life® Walking Club (B)	7:30 DONUT DAY! <b>2</b> 9:15 Card Games with Ebony 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise with noodles & Hydration (AR) 10:30 Left, Right, Center (LWF) 1:00 Bingo Bash (AR) 2:30 Guggenheim Social (B) 3:30 Go4Life® Walking Club (B)
9:15 Card Games with Ebony <b>3</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Gentle Stretches & Hydration with Elaine (AR) 10:30 St. Thomas Church (Activity Room) 1:00 Volleyball to Tunes (LWF) 1:30 Poetry Readings (LWF) 2:30 Jeopardy Trivia Social 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>4</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise w/ Weights & Hydration with Marianne (AR) 10:30 Animal Bingo (LWF) 1:00 Downtime Relaxation (LWF) 1:30 Ring Toss w/ Melodies (LWF) 2:30 Name That Movie Social (B) 3:30 Go4Life® Walking Club (B)	8:00 Beauty Shop (Salon) <b>5</b> 9:15 Card Games with Ebony 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise (B) 10:30 Arts and Crafts (LWF) 1:30 Boccia Ball (B) 2:30 Wine/Beer Time Social (B) 3:00 Mind Games (LWF) 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>6</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise and hydration (AR) 10:30 Horse Racing (LWF) 1:30 Live With Anticipation Club (LWF) 2:30 Ice Cream Social (B) 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>7</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise Essentials & Hydration with Elaine (Activity Room) 10:30 Baking Sweet Desserts with Ebony & Denise (AR) 1:00 Downtime Relaxation (LWF) 1:30 Ball Toss with Tunes (LWF) 2:30 News Currents Senior Social (B) 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>8</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise with noodles & Hydration (AR) 10:30 Left Right Center (LWF) 1:30 Pizza Making (LWF) 2:30 Pizza Time Social (B) 3:00 Sing Fit with Ellen (B) 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>9</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise with noodles & Hydration (AR) 1:00 Bingo Bash (AR) 2:30 Guggenheim Social (B) 3:30 Go4Life® Walking Club (B)
9:15 Card Games with Ebony <b>10</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Gentle Stretches & Hydration with Elaine (AR) 10:30 St. Thomas Church (Activity Room) 1:00 Volleyball to Tunes (LWF) 1:30 Poetry Readings (LWF) 2:30 Jeopardy Trivia Social 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>11</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise w/ Weights & Hydration with Marianne (AR) 10:30 Animal Bingo (LWF) 1:00 Downtime Relaxation (LWF) 1:30 Ring Toss w/ Melodies (LWF) 2:30 Name That Movie Social (B) 3:30 Go4Life® Walking Club (B)	8:00 Beauty Shop (Salon) <b>12</b> 9:15 Card Games with Ebony 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise (B) 10:30 Arts and Crafts (LWF) 1:30 Boccia Ball (B) 2:30 Wine/Beer Time Social (B) 3:00 Mind Games (LWF) 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>13</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise and hydration (AR) 10:30 Horse Racing (LWF) 1:30 Live With Anticipation Club (LWF) 2:30 Ice Cream Social (B) 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>14</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise Essentials & Hydration with Elaine (Activity Room) 10:30 Baking Sweet Desserts with Ebony & Denise (AR) 1:00 Downtime Relaxation (LWF) 1:30 Ball Toss with Tunes (LWF) 2:30 News Currents Senior Social (B) 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>15</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise with noodles & Hydration (AR) 10:30 Left Right Center (LWF) 1:30 Pizza Making (LWF) 2:30 Pizza Time Social (B) 3:00 Sing Fit with Ellen (B) 3:30 Go4Life® Walking Club (B)	9:15 Card Games with Ebony <b>16</b> 9:30 Morning Coffee and Cronicles (LWF) 10:00 Exercise with noodles & Hydration (AR) 10:30 Left, Right, Center (LWF) 1:00 Bingo Bash (AR) 2:30 Guggenheim Social (B) 3:30 Go4Life® Walking Club (B)
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