

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**Times and activities subject to change			10:15 The Daily Chronicle 1 10:30 Exercise 11:00 News Currents 11:15 Lunch Outing 3:15 Snack and Social	10:15 The Daily Chronicle 2 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:00 Making Flower Arrangements (Bistro) 1:30 Kathy's Corner 2:30 Trivia 3:00 Music with Nelli (Bistro) 3:15 Wine & Cheese Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 3 10:30 Exercise 11:00 News Currents 3:00 Arts & Crafts 3:15 Snack and Social 6:30 Stretch and Relax 6:45 Book Club
1:30 Bible Study 4 2:30 Singfit 3:15 Snack and Social 6:30 Table Games	10:15 The Daily Chronicle 5 10:30 News with Donna 11:00 Zumba 2:30 Book Club 2:30 Discussion Group 3:00 Knitting Club 3:15 Snack and Social 6:30 SingFit Academy	10:15 The Daily Chronicle 6 10:30 Exercise 11:00 News Currents 2:00 Book Club 2:00 Scrapbooking club 3:15 Snack and Social 5:45 Connect Four 6:30 Trivia	10:00 Knitting w/ Porsher (2nd floor) 7 10:15 The Daily Chronicle 10:30 Exercise 11:00 News Currents 1:15 Baking w/ Porsher (2nd floor) 2:30 Music w/ Nancy 3:15 Snack and Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 8 10:30 Exercise 11:00 News Currents 11:15 Lunch Outing 3:15 Snack and Social	10:15 The Daily Chronicle 9 10:30 Exercise 11:00 News Currents 3:00 Music with Nelli (Bistro) 6:45 SingFit®	10:15 The Daily Chronicle 10 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 2:30 Book Club 3:00 Arts & Crafts 3:15 Snack and Social 6:30 Adult Coloring
10:15 The Daily Chronicle 11 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 2:30 Singfit 3:15 Snack and Social 6:30 Table Games	10:15 The Daily Chronicle 12 10:30 News with Donna 11:00 Zumba 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 2:00 Nail painting w/ Porsher (2nd floor) 2:30 Bowling with Donna 2:45 Table Games 3:15 Snack and Social 6:30 Bingo with Care Manager's	10:30 Exercise 13 11:00 News Currents 2:00 Manicures 2:30 Singfit 3:15 Snack and Social 6:30 Adult Coloring	10:15 The Daily Chronicle 14 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:15 Baking w/ Porsher (2nd floor) 2:30 Table Games 3:15 Snack and Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 15 10:30 Exercise 11:00 News Currents 11:15 Lunch Outing 11:30 Go4Life® Walking Club 3:00 Book Club w/ Donna 3:15 Snack and Social 3:30 Bingo with Emily (2nd floor) 6:30 Adult Coloring	10:15 The Daily Chronicle 16 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:00 Making Flower Arrangements (Bistro) 1:30 Cathy's Corner 2:30 Book Club 3:00 Music with Nelli (Bistro) 3:15 Wine & Cheese Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 17 10:30 Exercise 11:00 News Currents 2:00 Music with Bertram 3:00 Arts & Crafts 3:15 Snack and Social 7:30 Singalong
10:15 The Daily Chronicle 18 10:30 Exercise 11:00 NewsCurrents Sr. 2:30 Singfit 3:15 Snack and Social 7:30 Mystery Movie with Friends	10:15 The Daily Chronicle 19 10:30 News with Donna 11:00 Zumba 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 2:00 Nail painting w/ Porsher (2nd floor) 2:30 Bowling with Donna 3:15 Snack and Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 20 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 2:00 Scrapbooking club 2:30 Singfit 3:15 Snack and Social 6:30 Adult Coloring	10:00 Knitting w/ Porsher (2nd floor) 21 10:15 The Daily Chronicle 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:15 Baking w/ Porsher (2nd floor) 2:30 Music w/ Earl 3:15 Snack and Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 22 10:30 Exercise 11:00 News Currents 11:15 Lunch Outing 11:30 Go4Life® Walking Club 3:00 Book Club w/ Donna 3:15 Snack and Social 3:30 Bingo with Emily (2nd floor) 6:30 Adult Coloring	10:15 The Daily Chronicle 23 10:30 Exercise 11:00 Rabbi Uri (Bistro) 11:00 News Currents 11:30 Go4Life® Walking Club 1:00 Making Flower Arrangements (Bistro) 1:30 Cathy's Corner 1:30 Baking w/ Care Manager's 3:00 Music with Nelli (Bistro) 3:15 Wine & Cheese Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 24 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 3:00 Arts & Crafts 3:15 Snack and Social 6:30 Adult Coloring
10:15 The Daily Chronicle 25 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 2:30 Singfit 3:15 Snack and Social 6:30 Table Games	10:15 The Daily Chronicle 26 10:30 News with Donna 11:00 Zumba 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 2:00 Nail painting w/ Porsher (2nd floor) 2:30 Bowling with Donna 3:15 Snack and Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 27 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 2:00 Scrapbooking club 2:30 Singfit 3:15 Snack and Social 6:30 Adult Coloring	10:00 Knitting w/ Porsher (2nd floor) 28 10:15 The Daily Chronicle 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:15 Baking w/ Porsher (2nd floor) 3:15 Snack and Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 29 10:30 Exercise 11:00 News Currents 11:15 Lunch Outing 11:30 Go4Life® Walking Club 3:00 Book Club w/ Donna 3:15 Snack and Social 3:30 Bingo with Emily (2nd floor) 6:30 Adult Coloring	10:15 The Daily Chronicle 30 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:00 Making Flower Arrangements (Bistro) 1:30 Baking w/ Care Manager's 3:00 Music with Nelli (Bistro) 3:15 Wine & Cheese Social 6:30 Bingo with Care Manager's	10:15 The Daily Chronicle 31 10:30 Exercise 11:00 News Currents 11:30 Go4Life® Walking Club 1:30 Baking w/ Care Manager's 3:00 Arts & Crafts 3:15 Snack and Social 6:30 Adult Coloring