

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Sunday Service and Communion (ACT) <b>1</b> 10:00 Hydration 10:15 Letters to the Troops (ACT) 1:30 Crossword Puzzle (ACT) 2:45 Go4Life Walking Club 3:00 Jazz Band Social 5:30 Bingo Hour with NCL 6:30 Featured Film (ACT)	9:15 Exercise with Melanie (ACT) <b>2</b> 10:00 Hydration 10:15 Morning Reflections 11:00 Lunch Outing 2:45 Go4Life Walking Club 3:00 Afternoon Social 6:30 Featured Film (ACT)	9:15 Exercise with Melanie (ACT) <b>3</b> 10:00 Hydration 10:00 Tuesday Outings 1:00 Mobility, Memory, & Mindfulness with Eden (FP) 2:00 Chair Travels with Alyson (FP) 2:45 Go4Life Walking Club 3:00 Ice Cream Social (Bst) 6:30 Featured Film (ACT)	9:45 Yoga with Melanie <b>4</b> 10:00 MindFit with Khryste (FP) 10:00 Hydration 1:15 Exercise with Apollo (PAR) 2:45 Go4Life Walking Club 3:00 Live Entertainment Social (PAR) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:15 Exercise with Melanie (ACT) <b>5</b> 10:00 Hydration 10:30 News Current (ACT) 2:15 BIG WORD little word 2:45 Go4Life Walking Club 3:00 Afternoon Social (PAR) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:15 Exercise with Melanie (ACT) <b>6</b> 10:00 Hydration 10:30 Crossword Puzzle (ACT) 1:15 Art Class with Peter and Abby (ACT) 1:30 Knitting Club (PAR) 2:45 Go4Life Walking Club 3:00 Happy Hour 5:30 Bingo Hour with NCL 6:30 Featured Film (ACT)	9:15 Pretty Nails (PAR) <b>7</b> 9:30 Exercise with Michele (ACT) 10:00 Bingo with NCL Volunteers (PAR) 10:00 Hydration 1:30 Flower Arrangements (PAR) 2:45 Go4Life Walking Club 3:00 Afternoon Social 6:30 Featured Film (ACT)
9:30 Sunday Service and Communion (ACT) <b>8</b> 10:00 Hydration 10:15 Letters to the Troops (ACT) 1:30 Crossword Puzzle (ACT) 2:45 Go4Life Walking Club 3:00 Jazz Band Social 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:15 Exercise with Melanie (ACT) <b>9</b> 10:00 Hydration 10:00 Morning Reflections 11:00 Lunch Outing 2:00 Cooking Demonstration with Chef (Bst) 2:45 Go4Life Walking Club 3:00 Afternoon Social 3:30 Reading with Roxanne (FP) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:15 Exercise with Melanie (ACT) <b>10</b> 10:00 Hydration 10:00 Tuesday Outings 2:00 Chair Travels with Alyson (ACT) 2:45 Go4Life Walking Club 3:00 Ice Cream Social (Bst) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:45 Yoga with Melanie <b>11</b> 10:00 Hydration 1:15 Exercise with Apollo (ACT) 2:00 Movie Club- Come help pick out featured films for the week 2:45 Go4Life Walking Club 3:00 Live Entertainment Social (PAR) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:15 Yoga with Melanie (ACT) <b>12</b> 10:00 Hydration 10:30 News Current (ACT) 1:30 Resident Food Committee (Bst) 2:15 BIG WORD little word 2:45 Go4Life Walking Club 3:00 Afternoon Social (PAR) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:15 Exercise with Melanie <b>13</b> 10:00 Hydration 10:00 Meditation and Mindfulness with Alyson 10:30 Crossword Puzzle (ACT) 1:30 Knitting Club (PAR) 2:45 Go4Life Walking Club 3:00 Happy Hour 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:15 Pretty Nails (PAR) <b>14</b> 9:30 Exercise with Michele (ACT) 10:00 Bingo with NCL Volunteers (PAR) 10:00 Hydration 1:30 Flower Arrangements (PAR) 2:00 Bingo Store (ACT) 2:45 Go4Life Walking Club 3:00 Live music Jenna 6:30 Featured Film (ACT)
9:30 Sunday Service and Communion (ACT) <b>15</b> 10:00 Hydration 1:30 Crossword Puzzle (ACT) 2:45 Go4Life Walking Club 3:00 Jazz Band Social 5:30 Bingo Hour with Sam (PAR) 6:30 Featured Film (ACT)	9:30 Exercise with Melanie <b>16</b> 10:00 Hydration 10:00 Monday Trivia-Music, Movies, and More 11:00 Lunch Outing 2:45 Go4Life Walking Club 3:00 Afternoon Social 3:30 Reading with Roxanne (FP) 6:30 Featured Film (ACT)	9:30 Yoga with Melanie (ACT) <b>17</b> 10:00 Hydration 10:00 Tuesday Outings 10:30 News Current (ACT) 1:00 Mobility, Memory, & Mindfulness with Eden (ACT) 2:00 Chair Travels with Rabbah (ACT) 2:45 Go4Life Walking Club 3:00 Ice Cream Social (Bst) 6:30 Featured Film (ACT)	9:30 Exercise with Melanie <b>18</b> 10:00 Hydration 10:00 MindFit with Khryste (ACT) 1:15 Exercise with Apollo (ACT) 2:00 Special Topics with Alyson 2:45 Go4Life Walking Club 3:00 Live Entertainment Social (PAR) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:30 Yoga with Melanie (ACT) <b>19</b> 10:00 Hydration 10:15 Art class 1:00 Live music with Dave 1:30 Resident Council Meeting 2:15 BIG WORD little word 2:45 Go4Life Walking Club 3:00 Afternoon Social (PAR) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:30 Exercise with Melanie <b>20</b> 10:00 Iphone and Ipad Technology class with Dayle 10:00 Hydration 1:15 Movie Club- Come learn about and help pick out featured films for the week! 1:30 Knitting Club (PAR) 2:45 Go4Life Walking Club 3:00 Happy Hour 6:30 Featured Film (ACT)	9:15 Pretty Nails (PAR) <b>21</b> 9:30 Exercise with Michele (ACT) 10:00 Bingo with NCL Volunteers (PAR) 10:00 Hydration 1:30 Flower Arrangements (PAR) 2:45 Go4Life Walking Club 3:00 Live music Jenna 6:30 Featured Film (ACT)
9:30 Sunday Service and Communion (ACT) <b>22</b> 10:00 Hydration 10:15 Letters to the Troops (ACT) 1:30 Crossword Puzzle (ACT) 2:45 Go4Life Walking Club 3:00 Jazz Band Social 5:30 Bingo Hour with Sam (PAR) 6:30 Featured Film (ACT)	9:30 Exercise with Melanie <b>23</b> 10:00 Hydration 10:00 Monday Trivia-Music, Movies, and More 11:00 Lunch Outing 2:00 Tunes with Travis 2:45 Go4Life Walking Club 3:00 Afternoon Social 3:30 Reading with Roxanne (FP) 6:30 Featured Film (ACT)	9:30 Yoga with Melanie (ACT) <b>24</b> 10:00 Hydration 10:00 Tuesday Outings 10:30 News Current (ACT) 2:00 Chair Travels with Alyson (ACT) 2:45 Go4Life Walking Club 3:00 Ice Cream Social (Bst) 6:30 Featured Film (ACT)	9:30 Exercise with Melanie <b>25</b> 10:00 Hydration 10:00 MindFit with Khryste (ACT) 1:15 Exercise with Apollo (ACT) 2:00 Special Topics with Alyson 2:45 Go4Life Walking Club 3:00 Live Entertainment Social (PAR) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:30 Yoga with Melanie (ACT) <b>26</b> 10:00 Hydration 10:15 Art class (ACT) 1:00 Live music with Dave 2:15 BIG WORD little word 2:45 Go4Life Walking Club 3:00 Trivia social with Kathy (PAR) 5:30 Bingo Hour 6:30 Featured Film (ACT)	9:30 Exercise with Melanie <b>27</b> 10:00 Hydration 10:00 Meditation and Mindfulness with Alyson 10:30 Crossword Puzzle (ACT) 1:15 Movie Club- Come learn about and help pick out featured films for the week! 1:30 Knitting Club (PAR) 2:45 Go4Life Walking Club 3:00 Happy Hour 6:30 Featured Film (ACT)	9:15 Pretty Nails (PAR) <b>28</b> 9:30 Exercise with Michele (ACT) 10:00 Bingo with NCL Volunteers (PAR) 10:00 Hydration 1:30 Flower Arrangements (PAR) 2:00 Bible study with Kathy 2:45 Go4Life Walking Club 3:00 Live music Jenna 6:30 Featured Film (ACT)
9:30 Sunday Service and Communion (ACT) <b>29</b> 10:00 Hydration 10:15 Letters to the Troops (ACT) 1:30 Crossword Puzzle (ACT) 2:45 Go4Life Walking Club 3:00 Jazz Band Social 5:30 Bingo Hour with Sam (PAR) 6:30 Featured Film (ACT)	9:30 Exercise with Melanie <b>30</b> 10:00 Hydration 10:00 Monday Trivia-Music, Movies, and More 11:00 Lunch Outing 2:45 Go4Life Walking Club 3:00 Afternoon Social 3:30 Reading with Roxanne (FP) 6:30 Featured Film (ACT)	ACT Activity Room Bst Bistro FP Fireplace P Patio PAR Parlor RLR Reminiscence Living Room SRM Sun Room TVR T.V Room				