

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**8:30 Praise & Worship**  
**9:00 Happy Feet Sunday**  
 10:00 Hydration Cart and Snacks  
 10:00 Strike A Pose: Yoga Class  
 10:30 Brain Teaser: Puzzles  
 11:00 Wellness Talk: Discussion (Heart)  
**1:00 Bingo**  
 2:00 Leg and Feet Exercise Class  
 2:30 Dragon Breaths: Breathing Exercise  
 3:00 Hydration Cart and Snacks  
 3:00 Table Air Hockey  
 4:00 Hollywood Hideaway  
 Easter Sunday

**8:30 Yoga Chair Exercises**  
 10:00 Hydration Cart and Snacks  
 10:00 Grow Wiser: Garden Club  
 10:30 Classic Karaoke Sing-Along  
 11:00 Indoor Bowling  
**1:00 Bingo**  
 2:00 Leg Race  
 2:30 Story Time!  
 3:00 Hydration Cart and Snacks  
 3:00 Enhance Motor Skills  
 4:00 Movie Madness

**8:30 Yoga Chair Exercises**  
 10:00 Hydration Cart and Snacks  
 10:00 Self Love Affirmations  
 10:30 Ping Pong  
 11:30 Balloon Tennis  
**1:00 Bingo**  
**2:00 Sunflower Canvas Painting**  
 2:30 Word Boggle  
 3:00 Hydration Cart and Snacks  
 3:00 Music Therapy (1930s)  
 4:00 Lights, Camera, Action!

**8:30 Yoga Chair Exercises**  
 10:00 Hydration Cart and Snacks  
**10:00 Melodies w/ Paula**  
 10:30 Giant Connect Four  
 11:00 Hip & Knee Exercise Class  
**1:00 Bingo**  
 2:00 Dance with Me!  
 2:30 Chair Yoga Class  
 3:00 Hydration Cart and Snacks  
 3:00 Train of Thought  
 4:00 Blockbuster Bash

**8:30 Yoga Chair Exercises**  
 10:00 Hydration Cart and Snacks  
 10:00 Color and Chill  
 11:00 Hand and Finger Exercise  
**1:00 Bingo**  
 2:00 Balloon Tennis  
 2:30 Axe Toss  
 3:00 Hydration Cart and Snacks  
 3:00 Remember That Tune? (Game)  
 4:00 Movie Night Bonanza

**8:30 Yoga Chair Exercises**  
 10:00 Hydration Cart and Snacks  
 10:00 I Knew That! - 1950s Pop Quiz  
 10:30 Arm & Shoulder Exercise  
 11:00 Egg Race: Spoon Relay  
**1:00 Bingo**  
 2:00 Bean Bag Toss  
 2:30 Stroll Down Memory Lane  
 3:00 Hydration Cart and Snacks  
 3:00 Blackjack, Poker & Solitaire  
 4:00 Screening Under the Stars

**8:30 Bubble Walk Saturdays**  
 10:00 Hydration Cart and Snacks  
 10:00 Spelling Bee Contest  
 10:30 Neck & Shoulder Massages  
 11:00 Silent Basketball  
**1:00 Bingo**  
 2:00 Trivia Game  
 2:30 Balloon Tennis  
 3:00 Hydration Cart and Snacks  
 3:00 Hang Man  
 4:00 Spotlight Soiree

**8:30 Praise & Worship**  
**9:00 Happy Feet Sunday**  
 10:00 Hydration Cart and Snacks  
 10:00 Strike A Pose: Yoga Class  
 10:30 Brain Teaser: Jenga  
 11:00 Wellness Talk: Discussion (Brain)  
**1:00 Bingo**  
 2:00 Leg and Feet Exercise Class  
 2:30 Dragon Breaths: Breathing Exercise  
 3:00 Hydration Cart and Snacks  
 3:00 Table Air Hockey  
 4:00 Hollywood Hideaway

**8:30 Yoga Chair Exercises**  
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**1:00 Bingo**  
 2:00 Leg Race  
 2:30 Story Time!  
 3:00 Hydration Cart and Snacks  
 3:00 Enhance Motor Skills  
 4:00 Movie Madness

**8:30 Yoga Chair Exercises**  
 10:00 Hydration Cart and Snacks  
 10:00 Self Love Affirmations  
 10:30 Ping Pong  
 11:00 Balloon Tennis  
**1:00 Bingo**  
 2:00 Brush Hour: Painting Class  
 2:30 Word Boggle  
 3:00 Hydration Cart and Snacks  
 3:00 Music Therapy (1940s)  
 4:00 Lights, Camera, Action!

**8:30 Yoga Chair Exercises**  
 10:00 Hydration Cart and Snacks  
**10:00 Melodies w/ Paula**  
 10:30 Giant Connect Four  
 11:00 Hip & Knee Exercise Class  
**1:00 Bingo**  
 2:00 Dance with Me!  
 2:30 Chair Yoga Class  
 3:00 Hydration Cart and Snacks  
 3:00 Train of Thought  
 4:00 Blockbuster Bash

**8:30 Yoga Chair Exercises**  
 10:00 Hydration Cart and Snacks  
 10:00 Color and Chill  
 10:00 Yarn Letter Project  
 11:00 Hand and Finger Exercise  
**1:00 Bingo**  
 2:00 Balloon Tennis  
 2:30 Axe Toss  
 3:00 Hydration Cart and Snacks  
 3:00 Remember That Tune? (Game)  
 4:00 Movie Night Bonanza

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**1:00 Bingo**  
 2:00 Leg Race  
 2:30 Story Time!  
**3:00 Party in Every Cup:  
 Cucumber Lime Slushy Party**  
 4:00 Movie Madness

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 10:00 Hydration Cart and Snacks  
 10:00 Self Love Affirmations  
 10:30 Ping Pong  
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**1:00 Bingo**  
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 10:00 Grow Wiser: Garden Club  
 10:30 Classic Karaoke Sing-Along  
**11:00 Ballistics: Golf Tournament**  
**1:00 Bingo**  
 2:00 Leg Race  
 2:30 Story Time!  
 3:00 Hydration Cart and Snacks  
 3:00 Enhance Motor Skills  
 4:00 Movie Madness

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