



# SAMPLE LIFE ENRICHMENT CALENDAR\*

## SUNDAY

10:00 Stretch & Strengthen  
11:00 Church Services  
1:30 Devotion  
3:00 Fellowship  
4:00 Women's Club

## MONDAY

10:00 Gentle Stretched  
10:30 Stretch & Strengthen  
11:00 Wii Bowling  
2:00 Happy Hour  
3:00 Music Monday  
7:00 Card Club

## TUESDAY

9:00 Friendly Visits  
10:30 Sittercise  
11:00 Pet Therapy  
2:00 Happy Hour  
2:15 BINGO  
4:00 Polka Music  
6:00 Movie

## WEDNESDAY

9:00 Bible Study  
10:30 Stretch & Strengthen  
11:00 Pick Your Art  
2:00 Happy Hour  
3:15 Rehydrate  
4:00 Balloon Volley  
7:15 Worship Service

## THURSDAY

10:00 Dog Visits  
10:30 Sittercise  
11:00 Brain Games  
1:00 Bean Bag Toss  
2:00 Happy Hour  
3:00 Music with Melody  
6:00 Painter's Pick

## FRIDAY

9:00 Smooth Moves  
10:30 Stretch & Strengthens  
11:00 Favorite One Dish Meals  
1:00 Table Games  
2:00 Happy Hour  
6:00 Movie

## SATURDAY

9:30 Nail Care  
10:30 Stretch & Strengthen  
11:00 Book Club  
2:15 BINGO  
4:00 Men's Club

## NOTES

**Everyday**  
1:00 Walking Club  
(weather permitting)

**Every Tuesday**  
1:00 Walmart

**Every Wednesday**  
11:30 - Lunch Outing

**Every Thursday**  
1:00 Mall Walks

Sign up sheets in Life Enrichment room for additional outings!