

LIFE ENRICHMENT CALENDAR*

Weekly Sample

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!

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

SUNDAY

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