

# 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