

# SAMPLE ACTIVITIES CALENDAR

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

<b>1</b> 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	<b>2</b> 8:00 am Exercise 9:30 am Chi Kung 9:45 am Chair Exercise 10:30 am Great Decisions 2:00 pm Putting Contest 7:15 pm Marlene & Chet Solender Singer & Pianist	<b>3</b> 10:00 am Zumba 10:00 am Abbey Artists 10:00 am Water Fitness 10:30 am Bible Study 1:00 pm Cardiologist 2:00 pm World Religion Buddhism 7:15 pm Bingo	<b>4</b> 8:00 am Exercise 9:00 am Kelly's Hearing 9:45 am Boca Mall Trip 10:00 am Companions Support Group 1:00 pm Poker & Card Games 5:00 pm Wine & Cheese Reception	<b>5</b> 9:00 am Exercise 9:00 am Dermatologist 9:45 am Chair Exercise 11:15 am History of Impressionism 12:30 pm Carnival Flea Market 2:30 pm Chorus Rehearsal 7:15 pm Movie	<b>6</b> 8:00 am Exercise 9:45 am Chair Exercise 10:00 am Chi Kung 11:15 am History of Impressionism 1:45 pm Catholic Mass 2:30 pm Chorus Rehearsal 7:15 pm Movie	<b>7</b> 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time
<b>8</b> 8:00 am Exercise 9:30 am Chi Kung 9:45 am Chair Exercise 10:30 am Great Decisions 2:00 pm Putting Contest 3:00 pm General Resident Meeting 7:15 pm Marlene & Chet Solender Singer & Pianist	<b>9</b> 10:00 am Zumba 10:00 am Abbey Artists 10:00 am Water Fitness 10:30 am Bible Study 1:00 pm Cardiologist 1:15 pm Walmart Trip 2:00 pm World Religion "Buddhism" 7:15 pm Bingo	<b>10</b> 8:00 am Exercise 9:00 am Kelly's Hearing 9:45 am Boca Mall Trip 10:00 am Companions Support Group 1:00 pm Poker 5:00 pm Wine & Cheese Reception	<b>11</b> 9:00 am Exercise 9:00 am Dermatologist 9:45 am Chair Exercise 11:15 am History of Impressionism 12:30 pm Carnival Flea Market 2:30 pm Chorus Rehearsal 7:15 pm Movie	<b>12</b> 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	<b>13</b> 8:00 am Exercise 9:30 am Chi Kung 9:45 am Chair Exercise 10:30 am Great Decisions 2:00 pm Putting Contest 7:15 pm Marlene & Chet Solender Singer & Pianist	<b>14</b> 10:00 am Zumba 10:00 am Abbey Artists 10:00 am Water Fitness 10:30 am Bible Study 1:00 pm Cardiologist 2:00 pm World Religion "Buddhism" 7:15 pm Bingo
<b>15</b> 10:00 am Zumba 10:00 am Abbey Artists 10:00 am Water Fitness 10:30 am Bible Study 1:00 pm Cardiologist 1:15 pm Walmart Trip 2:00 pm World Religion "Buddhism" 7:15 pm Bingo	<b>16</b> 8:00 am Exercise 9:00 am Kelly's Hearing 9:45 am Boca Mall Trip 11:00 am Managing Pain Lecture 1:00 pm Poker & Card Games 5:00 pm Wine & Cheese Reception	<b>17</b> 9:00 am Exercise 9:00 am Dermatologist 9:45 am Chair Exercise 10:30 am Low Vision Group Meeting 12:30 pm Carnival Flea Market 2:30 pm Chorus Rehearsal 7:15 pm Movie	<b>18</b> 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	<b>19</b> 8:00 am Exercise 9:30 am Chi Kung 9:45 am Chair Exercise 10:30 am Great Decisions 2:00 pm Putting Contest 3:00 pm General Resident Meeting	<b>20</b> 8:00 am Exercise 9:00 am Kelly's Hearing 9:45 am Boca Mall Trip 10:00 am Companions Support Group 1:00 pm Poker & Card Games 5:00 pm Wine & Cheese Reception	<b>21</b> 10:00 am Zumba 10:00 am Abbey Artists 10:00 am Water Fitness 10:30 am Bible Study 1:00 pm Cardiologist 2:00 pm World Religion "Buddhism" 7:15 pm Bingo
<b>22</b> 8:00 am Exercise 9:00 am Kelly's Hearing 9:45 am Boca Mall Trip 10:00 am Companions Support Group 11:00 am Managing Pain Lecture 1:00 pm Poker & Card Games 5:00 pm Wine & Cheese Reception	<b>23</b> 9:00 am Exercise 9:00 am Dermatologist 9:45 am Chair Exercise 11:15 am History of Impressionism 12:30 pm Carnival Flea Market 2:30 pm Chorus Rehearsal 7:15 pm Movie	<b>24</b> 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	<b>25</b> 8:00 am Exercise 9:30 am Chi Kung 9:45 am Chair Exercise 10:30 am Great Decisions 1:00 pm Dr. Ladner Internist 2:00 pm Putting Contest 3:00 pm General Resident Meeting	<b>26</b> 10:00 am Zumba 10:00 am Abbey Artists 10:00 am Water Fitness 10:30 am Bible Study 1:00 pm Cardiologist 2:00 pm World Religion "Buddhism" 7:15 pm Bingo	<b>27</b> 10:00 am Zumba 10:00 am Abbey Artists 10:00 am Water Fitness 10:30 am Bible Study 1:00 pm Cardiologist 1:15 pm Walmart Trip 2:00 pm World Religion "Buddhism" 7:15 pm Bingo	<b>28</b> 8:00 am Exercise 9:00 am Kelly's Hearing 9:45 am Boca Mall Trip 11:00 am Managing Pain Lecture 1:00 pm Poker & Card Games 5:00 pm Wine & Cheese Reception
<b>29</b> 9:00 am Exercise 9:00 am Dermatologist 9:45 am Chair Exercise 10:40 am Low Vision Group Meeting 11:15 am History of Impressionism 12:30 pm Carnival Flea Market 2:30 pm Chorus Rehearsal 7:15 pm Movie	<b>30</b> 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	<b>31</b> 8:00 am Exercise 9:30 am Chi Kung 9:45 am Chair Exercise 10:30 am Great Decisions 2:00 pm Putting Contest 3:00 pm General Resident Meeting				