

SAMPLE ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	2 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	3 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	4 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	5 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	6 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	7 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time
8 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	9 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	10 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	11 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	12 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	13 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	14 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
15 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	16 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	17 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	18 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	19 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	20 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	21 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
22 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	23 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	24 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	25 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	26 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	27 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	28 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
29 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	30 8:30 am Bus to Churches 9:15 am Bus to Churches 3:00 pm Worship Service 4:00 pm Movie Time	31 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				