

# SAMPLE ACTIVITIES CALENDAR

*Independent Living*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 A.M. Active Balance	8:30 A.M. Bench Blast	9:00 A.M. Active Balance	9:00 A.M. Circuit Training	8:00 A.M. Mammogram/ DEXA Screening
10:00 A.M. Sit and Get Fit	9:00 A.M. Buckingham Putz Club	10:00 A.M. Bank Trip	10:00 A.M. Kroger Shopping	9:00 A.M. Active Balance
12:30 P.M. Duplicate Bridge	10:15 A.M. St. Arnold Brewery Visit	12:30 P.M. Hand and Foot Card Game	10:30 A.M. Fall Prevention Talk	10:00 A.M. Sit and Get Fit
1:00 P.M. The Buckingham Singers Practice	1:00 P.M. Men's Weight Training	3:00 P.M. Susan Giles Food for Thought Presentation	11:00 A.M. Bible Devotional	1:00 P.M. Tai Chi
2:30 P.M. American Mah Jongg	1:30 P.M. Brain Health University	7:15 P.M. Chickenfoot Dominoes	11:30 A.M. Yoga	1:30 P.M. Brain Health University
3:00 P.M. Hymn Sing	3:30 P.M. Catholic Communion	7:30 P.M. Bingo	1:00 P.M. Men's Weight Training	7:15 P.M. AD Players