

SAMPLE ACTIVITIES CALENDAR

Independent Living

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 A.M. Move & Stretch	8:30 A.M. Aqua Fit	8:30 A.M. Cardio Moves	9:30 A.M. Balance & Barre	8:30 A.M. Walgreens Shopping
10:00 A.M. Bridge Lessons	9:30 A.M. Balance & Barre	10:00 A.M. New Resident Orientation	10:00 A.M. Jewelry Repair	10:30 A.M. Bottega Open
10:30 A.M. Walk for Life	10:30 A.M. Bible Study	10:30 A.M. Art Class	10:30 A.M. MASHUP	1:30 P.M. Knit Wits
12:30 P.M. Aqua Fit	1:00 P.M. Tom Thumb Shopping	11:30 A.M. Blood Pressure Check	2:00 P.M. Electric Book Club	3:00 P.M. Dance Lessons
2:00 P.M. Farkle Dice Game	2:00 P.M. Bridge	2:00 P.M. iPhone/iPad Class	2:30 P.M. Chef LaPlaca Cooking Demonstration	4:30 P.M. Wine & Cheese: Music by Dave Tanner
7:30 P.M. Movie	7:30 P.M. Program: Speaker, Judy Washbon	7:00 P.M. Stamp Club	7:30 P.M. Bingo	5:00 P.M. Special Chef Dinner