

SAMPLE ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:30 am Brunch 1:00 pm Movie 4:00 pm Movie	2 8:30 am Exercise 10:00 am Wii Bowling 11:00 am Conversations 1:30 pm Bible Study 4:00 pm Bingo 6:30 pm Movie Night	3 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 10:30 am Council Meeting 1:00 pm Bridge 2:00 pm Coffee Group 6:00 pm Movie	4 8:30 am Exercise 11:00 am Conversations 1:00 pm Women's Billiards 2:00 pm Spiritual Study 4:30 pm Chapel	5 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 12:00 pm Billiards 1:30 pm HyVee Trip 6:30 pm Music Performance	6 8:30 am Exercise 10:30 am Strength & Conditioning 1:00 pm Shopping 1:00 pm Bridge 4:00 pm Social Hour 6:00 pm Movie	7 10:00 am Art Lecture DVD 4:00 pm Movie
8 11:30 am Brunch 1:00 pm Movie 4:00 pm Movie	9 8:30 am Exercise 10:00 am Wii Bowling 11:00 am Conversations 1:30 pm Bible Study 4:00 pm Bingo 6:30 pm Movie Night	10 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 10:30 am Council Meeting 1:00 pm Bridge 2:00 pm Coffee Group 6:00 pm Movie	11 8:30 am Exercise 11:00 am Conversations 1:00 pm Women's Billiards 2:00 pm Spiritual Study 4:30 pm Chapel	12 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 12:00 pm Billiards 1:30 pm HyVee Trip 6:30 pm Music Performance	13 8:30 am Exercise 10:30 am Strength & Conditioning 1:00 pm Shopping 1:00 pm Bridge 4:00 pm Social Hour 6:00 pm Movie	14 10:00 am Art Lecture DVD 4:00 pm Movie
15 11:30 am Brunch 1:00 pm Movie 4:00 pm Movie	16 8:30 am Exercise 10:00 am Wii Bowling 11:00 am Conversations 1:30 pm Bible Study 4:00 pm Bingo 6:30 pm Movie Night	17 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 10:30 am Council Meeting 1:00 pm Bridge 2:00 pm Coffee Group 6:00 pm Movie	18 8:30 am Exercise 11:00 am Conversations 1:00 pm Women's Billiards 2:00 pm Spiritual Study 4:30 pm Chapel	19 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 12:00 pm Billiards 1:30 pm HyVee Trip 6:30 pm Music Performance	20 8:30 am Exercise 10:30 am Strength & Conditioning 1:00 pm Shopping 1:00 pm Bridge 4:00 pm Social Hour 6:00 pm Movie	21 10:00 am Art Lecture DVD 4:00 pm Movie
22 11:30 am Brunch 1:00 pm Movie 4:00 pm Movie	23 8:30 am Exercise 10:00 am Wii Bowling 11:00 am Conversations 1:30 pm Bible Study 4:00 pm Bingo 6:30 pm Movie Night	24 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 10:30 am Council Meeting 1:00 pm Bridge 2:00 pm Coffee Group 6:00 pm Movie	25 8:30 am Exercise 11:00 am Conversations 1:00 pm Women's Billiards 2:00 pm Spiritual Study 4:30 pm Chapel	26 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 12:00 pm Billiards 1:30 pm HyVee Trip 6:30 pm Music Performance	27 8:30 am Exercise 10:30 am Strength & Conditioning 1:00 pm Shopping 1:00 pm Bridge 4:00 pm Social Hour 6:00 pm Movie	28 10:00 am Art Lecture DVD 4:00 pm Movie
29 11:30 am Brunch 1:00 pm Movie 4:00 pm Movie	30 8:30 am Exercise 10:00 am Wii Bowling 11:00 am Conversations 1:30 pm Bible Study 4:00 pm Bingo 6:30 pm Movie Night	31 9:15 am Beginning Tai Chi 9:30 am Tai Chi 10:00 am Stretch & Breathe 10:30 am Council Meeting 1:00 pm Bridge 2:00 pm Coffee Group 6:00 pm Movie				

