

# Sample Weekly Events Calendar

| Sunday                                | Monday                                 | Tuesday                       | Wednesday                           | Thursday                               | Friday                             | Saturday   |
|---------------------------------------|--|-------------------------------|-------------------------------------|--|------------------------------------|--|
| <b>8:30</b><br>Exercise & Stretch     | <b>9:00</b><br>Wake & Shake            | <b>9:00</b><br>Stretch & Bend | <b>9:00</b><br>Seniorcise           | <b>9:00</b><br>Wake & Shake            | <b>9:00</b><br>Seniorcise          | <b>9:00</b><br>Coffee and donuts                 |
| <b>10:00</b><br>Religious Services    | <b>10:00</b><br>Horticulture Club      | <b>11:00</b><br>Arts & Crafts | <b>11:30</b><br>Once in a Blue Moon | <b>11:00</b><br>Current Events         | <b>10:30</b><br>Strike up the band | <b>11:00</b><br>Cookie making                    |
| <b>11:15</b><br>Patio Pleasures       | <b>11:30</b><br>Sit & Stretch          | <b>2:30</b><br>Book Fair      | <b>2:30</b><br>Dance to the music   | <b>2:30</b><br>Live Entertainer/ Music | <b>2:30</b><br>Yoga                | <b>2:30</b><br>Stories from the attic            |
| <b>2:30</b><br>Cinema                 | <b>12:15</b><br>Personal Social Visits | <b>4:30</b><br>Basketball     | <b>4:30</b><br>Sing a long          | <b>4:30</b><br>who am I                | <b>2:30</b><br>Birthday Bash       | <b>3:45</b><br>Chair dancing through the decades |
| <b>4:15</b><br>Personal Social Visits | <b>2:30</b><br>Bingo                   | <b>6:45</b><br>Card Club      | <b>6:30</b><br>Bowling              | <b>6:45</b><br>Dice Game               | <b>4:00</b><br>Happy Hour          |  |
| <b>8:15</b><br>The Great Musicals     | <b>3:45</b><br>Wii Play                | <b>7:30</b><br>Fashion Show   | <b>7:45</b><br>Movie                |  | <b>6:00</b><br>Bunco               | <b>7:00</b><br>Western Theater                   |
|                                       | <b>4:30</b><br>Horseshoes              |                               |                                     |  |                                    |  |
|                                       | <b>6:45</b><br>Pokeno                  |                               |                                     |  |                                    |  |