



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1 style="color: purple;">Here's What's Happening!</h1> 				<p>01 9:30am Activity Update & Hydration Refill 11:00am West Fitness Volleyball 11:30am East Fitness Volleyball 12:30pm 1-1 In Room Activities 1:00pm Outdoor Activities 1:30pm Supervised Smokers, Walk walkers & Rollers 2:00pm BINGO Game 3:20pm Portable Activities & Hydration Refills</p>	<p>02 9:30am Activity Update & Hydration Refill 11:00am West Fitness Volleyball 11:30am East Fitness Volleyball 12:30pm 1-1 In Room Activities 1:00pm Outdoor Activities 1:30pm Supervised Smokers, Walk walkers & Rollers 2:00pm BINGO Game 3:20pm Portable Activities & Hydration Refills</p>	<p>03 9:30am Activity Update & Hydration Refill 10:00am Daily Chronicles 11:30am West Residents Lunch & 1-1 In Room Activities 12:00pm East Residents Lunch & 1-1 In Room Activities 1:00pm Outdoor Activities Walk, Walkers & Rollers 2:00pm Easter Eggs Coloring & Decorating</p>
<p>04 9:30am Activity Updates and Hydration Refills 10:30am Outdoor One on One 11:30am Morning Stretches 1:30pm Hand Care & Manicures 2:30pm 1-1 Activities 3:30pm Well Checks & Friendly Visits</p>	<p>05 9:30am Activity Updates & Hydration Refills 10:30am Outdoor One on One 11:30am Pull your Own Weight 1:30pm Hair Care 2:30pm 1-1 Activities 3:30pm Well Checks & Friendly Visits</p>	<p>06 9:30am Activity Updates & Hydration Refills 10:30am Outdoor One on One 11:30am Music & Rhythm 1:30pm Hallway BINGO 2:30pm 1-1 Activities 3:30pm Well Checks & Friendly Visits</p>	<p>07 9:30am Activity Updates & Hydration Refills 10:30am Outdoor One on One 11:30am Pull Your Own Weight 1:30pm Worship Songs & Sensory 2:30pm 1-1 Activities 3:30pm Well Checks & Friendly Visits</p>	<p>08 9:30am Activity Updates & Hydration Refills 10:30am Outdoor One on One 11:30am Movement with Music 1:30pm Remembering the Music of the 50's 2:00pm Game On- Bingo Game 3:30pm Well Checks & Friendly Visits</p>	<p>09 9:30am Activity Updates & Hydration Refills 10:30am Outdoor One on One 11:30am Sit & Be Fit 1:30pm This Day in History /Chronicles 2:30pm 1-1 Activities 3:30pm Well Checks & Friendly Visits</p>	<p>10 9:30am Activity Updates & Hydration Refills 10:30am Outdoor One on One 11:30am Seated Fitness 1:30pm Sing along to the Oldies 2:30pm 1-1 Activities 3:30pm Well Checks & Friendly Visits</p>
<p>11 9:00am Activity Updates & Hydration Refills 9:30am Virtual Mass- Dining Rm 10:30am Outdoor One on One 11:30am Morning Stretches 1:30pm Watercolor Painting 2:30pm 1-1 Activities 3:30pm Well Checks & Friendly Visits</p>	<p>12 9:00am Activity Updates & Hydration Refills 9:30am Daily Chronicles/ This Day in History 10:30am Music & Fitness 2:00pm Balloon Volleyball 3:30pm Well Checks & Friendly Visits</p>	<p>13 9:00am Activity Updates & Hydration Refills 9:30am Daily Chronicles/This Day in History 10:30am Music & Rhythm 2:00pm Lean Long & Strong 2:00pm BINGO 3:00pm Cognitive Fitness 3:30pm Well Checks & Friendly Visits</p>	<p>14 9:00am Activity Updates & Hydration Refills 9:30am Reminiscing/ This Day in History 10:30am Music & Rhythm 2:00pm BINGO 3:00pm 1-1 In Activities 3:30pm Well Checks & Friendly Visits</p>	<p>15 9:00am Activity Updates & Hydration Refills 9:30am This Day in History 10:30am Seated Yoga 2:00pm Music Therapy Oldies Sing Along 3:00pm Individual Visits 3:30pm Well Checks & Friendly Visits</p>	<p>16 9:00am Activity Updates & Hydration Refills 9:30am Reminiscing/ This Day in History 10:30am Ribbon Cardio Seated Dance 2:00pm BINGO 3:10pm Outdoor Fun 3:30pm Well Checks & Friendly Visits</p>	<p>17 9:00am Activity Updates & Hydration Refills 9:30am Daily Chronicle/ This Day in History 10:30am Sensory & Memory Fitness 2:00pm Games & Fitness 3:30pm Well Checks & Friendly Visit</p>
<p>18 9:00am Activity Updates & Hydration Refills 9:30am Daily Chronicles 10:00am Virtual Mass- Dining Room 11:00am Non- denominational Virtual Service- Dining Room 2:00pm BINGO- Dining Room 3:30pm Well Checks & Friendly Visits</p>	<p>19 9:00am Activity Updates & Hydration Refills 9:30am Reminiscing- This Day in History 10:30am Lean Long & Strong 2:00pm Creative Corner 3:30pm Well Checks & Friendly Visits</p>	<p>20 9:00am Activity Updates & Hydration Refills 9:30am Reminiscing- This Day in History 10:30am Seated Fitness 2:00pm BINGO 3:30pm Well Checks & Friendly Visits</p>	<p>21 9:00am Activity Updates & Hydration Refills 10:00am Resident Council Meeting 11:30am This Day in History 2:00pm BINGO 3:30pm Well Checks & Friendly Visits</p>	<p>22 9:00am Activity Updates & Hydration Refills 9:30am History Trivia's 10:30am Pull Your Own Weight Fitness 2:00pm BINGO 3:30pm Well Checks & Friendly Visit</p>	<p>23 9:00am Activity Updates & Hydration Refills 9:30am This Day in History- Reminiscing 10:30am Tom Munch Outdoor Concert & April Residents B-Day Recognition 2:00pm BINGO 3:30pm Well Checks & Friendly Visits</p>	<p>24 9:00am Activity Updates & Hydration Refills 9:30am This Day in History 10:30am Fun & Fit Fitness 2:00pm Creative Corner/ Arts & Crafts 3:30pm Well Checks & Friendly Visits</p>
<p>25 9:00am Activity Updates & Hydration Refills 9:30am Daily Chronicles 10:00am Virtual Mass- Dining Room 11:00am Non-Denominational Virtual Service- Dining Rm 2:00pm BINGO 3:30pm Well Checks & Friendly Visits</p>	<p>26 9:00am Activity Updates & Hydration Refills 9:30am Reminiscing/ This Day in History 10:30am Pull Your Own Weight Fitness 2:00pm Sensory Experience 3:30pm Well Checks and Friendly Visits</p>	<p>27 9:00am Activity Updates & Hydration Refills 9:30am Reminiscing/This Day in History 10:30am Sensory & Cognitive Fitness 2:00pm BINGO 3:30pm Well Checks & Friendly Visits</p>	<p>28 9:00am Activity Updates & Hydration Refills 9:30am What Happened on This Day in History? 10:30am Seated Dance Fitness 2:00pm BINGO 3:30pm Well Checks & Friendly Visits</p>	<p>29 9:00am Activity Updates & Hydration Refills 9:30am Daily Chronicles 10:30am Pull Your Own Weight Fitness 2:00pm BINGO 3:30pm Well Checks & Friendly Visits</p>	<p>30 9:00am Activity Updates & Hydration Refills 9:30am This Day in History 10:30am Music & Rhythm Fitness 2:00am BINGO 3:30pm Well Checks & Friendly Visits</p>	

Hospitality/ One to One Visits. Social. Emotional Intellectual. Vocational. Creative. Physical. Sensory. Entertainment. *Spiritual visits upon request*

* FOR COMPLETE LIST OF ACTIVITIES PLEASE CALL US AT (719)562-7200*

Schedules are subject to change pending on the daily routine of our resident