


Assisted Living

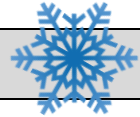
Weekly Activities Calendar


January 2nd, 2021-January 8th, 2021

Sunday, January 2nd, 2021

7:30: Breakfast		Location: Dining Room
9:15: Bethania Church		Location: Living Room & Channel 4
11:30: Lunch		Location: Dining Room
12:30: Worship Hour w/Spiritual Video		Location: Living Room & channel 4
1:00: Games		Location: Patio or Living Room
2:00: Piano Music w/Anabelle		Location: Living Room
4:30: Dinner		Location: Dining Room

Monday, January 3rd, 2021



7:30: Breakfast		Location: Dining Room
9:00: 4 Ever Fit Exercise Class		Location: Community Center
10:00: Exercise Class		Location: Community Center
11:30: Lunch		Location: Dining Room
1:00: Tai-Chi w/Don		Location: Community Center
3:00: Nail Spa		Location: Living Room
4:30: Dinner		Location: Dining Room

Tuesday, January 4th, 2021



7:30: Breakfast		Location: Dining Room
9:00: 4 Ever Fit Exercise Class		Location: Community Center
10:00: Exercise Class		Location: Community Center
11:30: Lunch and Piano Bob		Location: Dining Room
12:45: Documentary Hour		Location: Community Center & Ch. 4
2:00: Aquatics Class		Location: Fitness Pool Center
3:00: Beer and Bocce		Location: Living Room
4:30: Dinner		Location: Dining Room

Wednesday, January 5th, 2021




7:30: Breakfast		Location: Dining Room
9:00: 4 Ever Fit Exercise Class		Location: Community Center
10:00: Exercise Class		Location: Community Center

11:30: Lunch	Location: Dining Room
1:00: Bingo	Location: IL Living Room
1:30: Yoga W/ Barbara	Location: Community Center
2:30: Downtown Shopping	Location: Shopping
4:30: Dinner	Location: Dining Room

Thursday, January 6th, 2021 

7:30: Breakfast	Location: Dining Room
9:00: 4 Ever Fit	Location: Community Center
10:00: Exercise Class	Location: Community Center
11:30: Lunch	Location: Dining Room
12:30: Minds and Media	Location: Community Center
2:00: Aquatics Class	Location: Fitness Pool Center
3:30: Brain Games	Location: Dining Room
4:30: Dinner	Location: Dining Room

Friday, January 7th, 2021 

7:30: Breakfast	Location: Dining Room
9:00: 4 Ever Fit Exercise Class	Location: Community Center
10:00: Exercise Class	Location: Community Center
11:30: Lunch	Location: Dining Room
1:00: Tai-Chi 	Location: Living Room & channel 4
2:00: Handwork and Social Club	Location: IL Living Room
3:00: Country Drive	Location: Out and About
4:30: Dinner	Location: Dining Room

Saturday, January 8th, 2021

7:30: Breakfast	Location: Dining Room
10:00: Yoga Exercise	Location: Community Center
11:30: Lunch	Location: Dining Room
1:00: Movie Matinee	Location: Living Room
3:30: Sunshine on the Patio	Location: Patio
4:30: Dinner	Location: Dining Room

