

# Assisted Living

## Weekly Activities Calendar

January 9<sup>th</sup>, 2021-January 15<sup>th</sup>, 2021

### Sunday, January 9<sup>th</sup>, 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 10<sup>th</sup>, 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 11<sup>th</sup>, 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 12<sup>th</sup>, 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 13<sup>th</sup>, 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 and Happy Hour	Location: Dining Room
4:30: Dinner	Location: Dining Room

**Friday, January 14<sup>th</sup>, 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 15<sup>th</sup>, 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