


Assisted Living


Weekly Activities Calendar

January 16th, 2022-January 22nd, 2022

Sunday, January 16th 2022

7:30: Breakfast		Location: Dining Room
9:15: Bethania Church Live Stream in the Living Room		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 17th, 2022

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 18th, 2022

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
2:00: Aquatics Class		Location: Fitness Pool Center
3:00: Bingo		Location: IL Living Room
4:30: Dinner		Location: Dining Room

Wednesday, January 19th, 2022

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
1:30: Yoga W/ Barbara	Location: Community Center
3:00: Drumming for Fitness	Location:
4:30: Birthday Dinner	Location: Dining Room

Thursday, January 20th, 2022



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 21st, 2022

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 22nd, 2022

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