



SAMPLE CALENDAR: Assisted Living Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15 Morning Stretch w/Flor 2:00 Christian Services 3:00 Concert 4:00 Reminisce w/Jovanna	10:00 Beads & Tiles 10:30 Nutrition Ed. w/Anna 11:00 Fitness with Music w/Laura 12:45 BIRTHDAY PARTY w/Eddie 2:00 Wellness Monday w/Wanda 2:15 TV Trivia Games w/Eddie 3:30 Shine Lecture w/Wanda - Making Wellness a Priority 4:00 Lets Chat Health w/Gina	10:00 Ceramics w/Esther 11:00 Let's Chat w/Flor 12:00 Festive Brunch 1:00 Pet Encounters w/Ralik 1:30 Reminisce & Chat w/Sheila (Resident Led) 2:30 BINGO in Winter Garden 2:30 SilverSneakers w/Wanda 3:30 Fun Fitness w/Wanda 6:30 Movie Night w/Maria	9:45 Live Music w/SAR Choir 10:00 Midway Shopping Trip 10:15 Arts & Crafts w/Esther 10:30 World Lego Club 11:00 Yoga w/Laura 1:00 Pet Encounters w/Ralik 1:45 Women's Club w/Christina 2:00 Wellness Wednesday w/Wanda 2:30 CONCERT 3:00 Matinee Movie w/Pam	10:00 Family Feud w/The Heschel School 10:30 Artistic Design 11:00 Garden Class w/Donna 11:15 Words of Wisdom w/Eddie 1:00 Resident Council w/Christina 1:45 Women's Club w/Christina 2:00 Therapeutic Movement w/Wanda 4:00 Let's Chat w/Suzanne (Resident Led)	10:00 Zen Meditation w/Wanda 11:00 SilverSneakers w/Wanda 11:15 Catholic Services 1:00 Fireside Chat w/Christina 1:00 Knit & Crochet 1:30 Afternoon Tea Party 2:00 BINGO w/Pamela 2:00 Seasonal Crafts 3:00 Shabbat Shalom	10:00 Shabbat Morning Services 10:30 Cards & Board Games w/Jovanna 12:30 Art & Beads w/Jovanna 2:30 Game Day w/Evie 3:30 BINGO w/Jovanna 6:30 Movie Night w/Theresa