



# SAMPLE ACTIVITIES CALENDAR

*Independent Living*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 A.M.</b> Move & Stretch	<b>8:30 A.M.</b> Aqua Fit	<b>8:30 A.M.</b> Cardio Moves	<b>9:30 A.M.</b> Balance & Barre	<b>8:30 A.M.</b> Walgreens Shopping
<b>10:00 A.M.</b> Bridge Lessons	<b>9:30 A.M.</b> Balance & Barre	<b>10:00 A.M.</b> New Resident Orientation	<b>10:00 A.M.</b> Jewelry Repair	<b>10:30 A.M.</b> Bottega Open
<b>10:30 A.M.</b> Walk for Life	<b>10:30 A.M.</b> Bible Study	<b>10:30 A.M.</b> Art Class	<b>10:30 A.M.</b> MASHUP	<b>1:30 P.M.</b> Knit Wits
<b>12:30 P.M.</b> Aqua Fit	<b>1:00 P.M.</b> Tom Thumb Shopping	<b>11:30 A.M.</b> Blood Pressure Check	<b>2:00 P.M.</b> Electric Book Club	<b>3:00 P.M.</b> Dance Lessons
<b>2:00 P.M.</b> Farkle Dice Game	<b>2:00 P.M.</b> Bridge	<b>2:00 P.M.</b> iPhone/iPad Class	<b>2:30 P.M.</b> Chef LaPlaca Cooking Demonstration	<b>4:30 P.M.</b> Wine & Cheese: Music by Dave Tanner
<b>7:30 P.M.</b> Movie	<b>7:30 P.M.</b> Program: Speaker, Judy Washbon	<b>7:00 P.M.</b> Stamp Club	<b>7:30 P.M.</b> Bingo	<b>5:00 P.M.</b> Special Chef Dinner