



| SUNDAY   |  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |   |
|--|--|--|---|--|---|--|--|---|
|  |  |  | <b>Breakfast:</b><br>7:30am-8:30am<br><br><b>Lunch:</b><br>11:30am-12:30pm<br><br><b>Dinner:</b><br>4:45 pm-5:45 pm   | 1)<br><b>9:00: Rosary w/ Frosty</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Exercises<br>1:00: Card Games<br>2:15 MIDDAY SNACK<br>3:00: Chair Zumba<br>4:00: Sip & Paint<br>6:00: Cheaper by the Dozen<br>7:00: PM SNACK | 2)<br><b>9:15: Bible Study with Aram</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Giant Bowling<br>1:00: Spa Day<br>2:15:MIDDAY SNACK<br>3:00: Walking Club<br>4:00: Board Games<br>6:00: Three Men & a Baby<br>7:00: PM SNACK | 3)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Zumba<br>1:00: Card Games<br>2:15: MIDDAY SNACK<br>3:00: Basketball<br>4:00: Mocktails & Chat<br>6:00: Lady & The Tramp<br>7:00: PM SNACK        | 4)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Balloon Volleyball<br>1:00: National Geographic<br>3:00: Walking Club<br><b>4:00: Paper Snowmen</b><br>6:00: Splash<br>7:00: PM SNACK                      |   |
|  |  | 5)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Yoga<br>1:00: Reminiscing<br>2:15: MIDDAY SNACK<br>3:00: Bingo<br>4:00: Calming Coloring<br>6:00: Roger Rabbit<br>7:00: PM SNACK                   | 6)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Motown Movement<br>1:00: Armchair Travelers<br>2:15: MIDDAY SNACK<br>3:00: Mid-Day Movin<br>4:00: UNO<br>6:00: Sister Act<br>7:00: PM SNACK           | 7)<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Balloon Volleyball<br>1:00: Trivia<br>2:15: MIDDAY SNACK<br>3:00: Walking Club<br>4:00: Buttons, Buttons, Buttons<br>6:00: Game Plan<br>7:00: PM SNACK                              | 8)<br><b>9:00: Rosary w/ Frosty</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Exercises<br>1:00: Card Games<br>2:15 MIDDAY SNACK<br>3:00: Chair Zumba<br>4:00: Sip & Paint<br>6:00: The Kid<br>7:00: PM SNACK             | 9)<br><b>9:15: Bible Study with Aram</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Giant Bowling<br>1:00: Spa Day<br>2:15:MIDDAY SNACK<br>3:00: Walking Club<br>4:00: Board Games<br>6:00: Baby's Day Out<br>7:00: PM SNACK  | 10)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Zumba<br>1:00: Card Games<br>2:15: MIDDAY SNACK<br>3:00: Basketball<br><b>4:00: Cottonball Snowflakes</b><br>6:00: The Shaggy Dog<br>7:00: PM SNACK | 11)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Balloon Volleyball<br>1:00: National Geographic<br>3:00: Walking Club<br>4:00: Paper Mache<br>6:00: Tron<br>7:00: PM SNACK       |
|  |  | 12)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Yoga<br>1:00: Reminiscing<br>2:15: MIDDAY SNACK<br>3:00: Bingo<br>4:00: Calming Coloring<br>6:00: Herbie Rides Again<br>7:00: PM SNACK            | 13)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Motown Movement<br>1:00: Armchair Travelers<br>2:15: MIDDAY SNACK<br>3:00: Mid-Day Movin<br>4:00: UNO<br>6:00: Zorro<br>7:00: PM SNACK               | 14)<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Balloon Volleyball<br>1:00: Trivia<br>2:15: MIDDAY SNACK<br>3:00: Walking Club<br><b>4:00: Button Snowflakes</b><br>6:00: The Rocketeer<br>7:00: PM SNACK                          | 15)<br><b>9:00: Rosary w/ Frosty</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Exercises<br>1:00: Card Games<br>2:15 MIDDAY SNACK<br>3:00: Chair Zumba<br>4:00: Sip & Paint<br>6:00: Into the Woods<br>7:00: PM SNACK     | 16)<br><b>9:15: Bible Study with Aram</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Giant Bowling<br>1:00: Spa Day<br>2:15:MIDDAY SNACK<br>3:00: Walking Club<br>4:00: Board Games<br>6:00: Indiana Jones<br>7:00: PM SNACK  | 17)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Zumba<br>1:00: Card Games<br>2:15: MIDDAY SNACK<br>3:00: Basketball<br>4:00: Mocktails & Chat<br>6:00: The Finest Hours<br>7:00: PM SNACK           | 18)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Balloon Volleyball<br>1:00: National Geographic<br>3:00: Walking Club<br>4:00: Paper Mache<br>6:00: Glory Road<br>7:00: PM SNACK |
|  |  | 19)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Yoga<br>1:00: Reminiscing<br>2:15: MIDDAY SNACK<br>3:00: Bingo<br>4:00: Calming Coloring<br>6:00: The Greatest Game Ever Played<br>7:00: PM SNACK | 20)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Motown Movement<br>1:00: Armchair Travelers<br>2:15: MIDDAY SNACK<br>3:00: Mid-Day Movin<br>4:00: UNO<br>6:00: Miracle at Midnight<br>7:00: PM SNACK | 21)<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Balloon Volleyball<br>1:00: Trivia<br>2:15: MIDDAY SNACK<br>3:00: Walking Club<br>4:00: Buttons, Buttons, Buttons<br>6:00: Dodgeball<br>7:00: PM SNACK                             | 22)<br><b>9:00: Rosary w/ Frosty</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Exercises<br>1:00: Card Games<br>2:15 MIDDAY SNACK<br>3:00: Chair Zumba<br>4:00: Sip & Paint<br>6:00: Miracle<br>7:00: PM SNACK            | 23)<br><b>9:15: Bible Study with Aram</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Giant Bowling<br>1:00: Spa Day<br>2:15:MIDDAY SNACK<br>3:00: Walking Club<br>4:00: Board Games<br>6:00: Invincible<br>7:00: PM SNACK     | 24)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Zumba<br>1:00: Card Games<br>2:15: MIDDAY SNACK<br>3:00: Basketball<br>4:00: Mocktails & Chat<br>6:00: The Rookie<br>7:00: PM SNACK                 | 25)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Balloon Volleyball<br>1:00: National Geographic<br>3:00: Walking Club<br>4:00: Paper Mache<br>6:00: Safety<br>7:00: PM SNACK     |
|  |  | 26)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Yoga<br>1:00: Reminiscing<br>2:15: MIDDAY SNACK<br>3:00: Bingo<br>4:00: Calming Coloring<br>6:00: Secretariat<br>7:00: PM SNACK                   | 27)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Motown Movement<br>1:00: Armchair Travelers<br>2:15: MIDDAY SNACK<br>3:00: Mid-Day Movin<br>4:00: UNO<br>6:00: Beatles'64<br>7:00: PM SNACK          | 28)<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Balloon Volleyball<br>1:00: Trivia<br>2:15: MIDDAY SNACK<br>3:00: Walking Club<br>4:00: Buttons, Buttons, Buttons<br>6:00: Flicka<br>7:00: PM SNACK                                | 29)<br><b>9:00: Rosary w/ Frosty</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Exercises<br>1:00: Card Games<br>2:15 MIDDAY SNACK<br>3:00: Chair Zumba<br>4:00: Sip & Paint<br>6:00: The Beach Boys<br>7:00: PM SNACK     | 30)<br><b>9:15: Bible Study with Aram</b><br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Giant Bowling<br>1:00: Spa Day<br>2:15:MIDDAY SNACK<br>3:00: Walking Club<br>4:00: Board Games<br>6:00: Out of My Mind<br>7:00: PM SNACK | 31)<br>9:15: Morning Stretch<br>9:45: The Perks<br>10:15: AM SNACK<br>10:45: Chair Zumba<br>1:00: Card Games<br>2:15: MIDDAY SNACK<br>3:00: Basketball<br>4:00: Mocktails & Chat<br>6:00: Kazaam<br>7:00: PM SNACK                     | <br>(MC3)  |