

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Schedule 9:00 Morning Roundup 10:30 Snack 12:00 Refresh & Lunch 1:00 Reset & Relaxation 3:00 Snack 5:00 Refresh & Dinner	All activities last from 30 to 60 minutes and are subject to change . Outdoor activities are weather dependent . Activities rotate between cottages and are open to all residents.	1 9:30 Morning Roundup 10:00 Art from the Heart 11:00 Tover Time 1:00 Relaxation (Classical Music) 2:00 Hearts in Harmony (C) 3:00 Wise & Well (C)	2 9:30 Morning Roundup 10:00 Kitchen Creations 10:45 Movement & Music (W) 1:00 Relaxation (Jazz Music) 2:00 Virtual Vacation 3:00 Classic TV	3 National Bowling League Day 9:30 Morning Roundup 10:00 Spiritual Wellness (W) 10:45 Wise & Well (W) 2:00 Bowling 3:00 UNO	4 9:30 Morning Roundup 10:00 Chair Exercise 10:30 Bowling 1:00 Relaxation (Jazz Music) 2:00 Bingo! 3:00 Neighborhood Walks	5 10:30 Adult Coloring 1:00 Relaxation (Jazz Music) 2:00 Adult Coloring 3:00 Classic TV
6 10:30 Catholic Mass TV Broadcast 1:00 Relaxation (Jazz Music) 2:00 Puzzles 3:00 Classic TV	7 Labor Day 9:30 Morning Roundup 10:00 Chair Exercise 10:30 Bible Study with Chaplain Dave 11:00 Popsicle Sticks Flags 1:00 Relaxation (Jazz Music) 2:00 Nail Care 3:00 Classic TV	8 9:30 Morning Roundup 10:00 Art from the Heart 11:00 Tover Time 1:00 Relaxation (Classical Music) 2:00 Hearts in Harmony (C) 3:00 Wise & Well (C)	9 9:30 Morning Roundup 10:00 Kitchen Creations 10:45 Movement & Music (C) 1:00 Relaxation (Jazz Music) 2:00 String of Pearls 3:00 Classic TV	10 9:30 Morning Roundup 10:00 Spiritual Wellness (W) 10:45 Wise & Well (W) 2:00 Scenic Drive 3:00 Neighborhood Walks	11 9:30 Morning Roundup 10:00 Chair Exercise 10:30 Bingo! 1:00 Relaxation (Jazz Music) 2:00 Lemonade Social 2:45 Hokie Joe 3:00 Neighborhood Walks	12 10:30 Adult Coloring 1:00 Relaxation (Jazz Music) 2:00 Adult Coloring 3:00 Classic TV
13 National Assisted Living Week Grandparents Day 10:30 Catholic Mass TV Broadcast 11:30 Photos with Family 1:00 Relaxation (Jazz Music) 2:00 Puzzles 3:00 Classic TV	14 1950s Theme-Dress (Carhop) 9:30 Morning Roundup 10:00 Chair Exercise 10:30 Bible Study with Chaplain Dave 11:00 Balloon Volleyball 12:00 Carhop-themed lunch 1:00 Relaxation (Jazz Music) 2:00 Drive Thru Movie: (Old Yeller)	15 1960s Theme Dress 9:30 Morning Roundup 10:00 Elvis Trivia 10:30 Movie (Blue Hawaii) 1:00 Relaxation (Classical Music) 2:00 Hearts in Harmony (C) 3:00 Wise & Well (C)	16 1970s Classic Rock Theme-Dress 9:30 Morning Roundup 10:00 Kitchen Creations (Watergate Salad) 10:45 Movement & Music (W) 1:00 Relaxation (Jazz Music) 2:00 Name that Tune 3:00 Classic TV	17 1980s Theme-Dress (RETRO GAME DAY) 9:30 Morning Roundup 10:00 Whack-a-Mole 10:45 Wise & Well (W) 1:00 Retro Photo Booth with Polaroid camera 2:00 Human Slot Machine 3:00 Singing with Michael	18 Sports Jersey Theme-Dress Day 9:30 Morning Roundup 10:00 Chair Exercise 10:30 Football Toss 1:00 Relaxation (Jazz Music) 2:00 Sports Bingo with Hot Dogs 3:00 Neighborhood Walk	19 10:30 Adult Coloring 1:00 Relaxation (Jazz Music) 2:00 Adult Coloring 3:00 Classic TV
20 10:30 Catholic Mass TV Broadcast 1:00 Relaxation (Jazz Music) 2:00 Puzzles 3:00 Classic TV	21 9:30 Morning Roundup 10:00 Chair Exercise 10:30 Bible Study with Chaplain Dave 11:00 Sing Along 1:00 Relaxation (Jazz Music) 2:00 Nail Care 3:00 Classic TV	22 9:30 Morning Roundup 10:00 Art from the Heart 11:00 Tover Time 1:00 Relaxation (Classical Music) 2:00 Hearts in Harmony (C) 3:00 Wise & Well (C)	23 9:30 Morning Roundup 10:00 Kitchen Creations 10:45 Movement & Music (C) 1:00 Relaxation (Jazz Music) 2:00 Virtual Vacation 3:00 Classic TV	24 9:30 Morning Roundup 10:00 Spiritual Wellness (W) 10:45 Wise & Well (W) 2:00 Birthday Party! 3:00 UNO	25 9:30 Morning Roundup 10:00 Chair Exercise 10:30 Sip & Chat (Porch) 1:00 Relaxation (Classical Music) 2:00 Bingo! 3:00 Neighborhood Walks	26 10:30 Adult Coloring 1:00 Relaxation (Jazz Music) 2:00 Adult Coloring 3:00 Classic TV
27 10:30 Catholic Mass TV Broadcast 1:00 Relaxation (Jazz Music) 2:00 Puzzles 3:00 Classic TV	28 9:30 Morning Roundup 10:00 Chair Exercise 10:30 Bible Study with Chaplain Dave 11:00 Card Matching 1:00 Relaxation (Jazz Music) 2:00 Bruce Cushing (Elvis) 3:00 Classic TV	29 9:30 Morning Roundup 10:00 Art from the Heart 11:00 Resident Council 1:00 Relaxation (Classical Music) 2:00 Scenic Drive 3:00 Wise & Well (C)	30 9:30 Morning Roundup 10:00 Kitchen Creations 10:45 Movement & Music (W) 1:00 Relaxation (Jazz Music) 2:00 Virtual Vacation 3:00 Classic TV			