

EXAMPLE ACTIVITIES CALENDAR

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Catholic Eucharist 11:30 Sunday Brunch 4:00 Worship Service 5:30 Sunday Minyan Service 7:00 Bible Study	2 10:00 Circuit Training 11:00 Wii Bowling 1:30 Flexibility Flow 2:30 Special Interest Groups 2:30 Frank Lloyd Wright Tour	3 10:00 Group Exercise 1:30 Friendship Stroll 1:30 Trivial Pursuit 2:00 Mahjong 6:30 Movie Night	4 10:00 Chair Yoga 11:00 Bingo 1:30 Cards 2:00 Poem Reading 2:30 Weekly Outing	5 10:30 Bingo 11:30 Meetings – <i>Resident council, Dietary, Activities</i> 1:00 Spa day 2:00 Music fun 2:45 Snacks	6 9:30 Morning exercise 10:30 Bingo 2:00 Scarf Fun 2:45 Snacks	7 TV, Puzzles, Games
8 10:30 Catholic Eucharist 11:30 Sunday Brunch 4:00 Worship Service 7:00 Bible Study	9 10:00 Circuit Training 11:00 Wii Bowling 1:30 Flexibility Flow 2:30 Special Interest Groups 2:30 Discussion with Rabbi Cary	10 10:00 Group Exercise 1:30 Friendship Stroll 1:30 Trivial Pursuit 2:00 Mahjong 6:30 Movie Night	11 10:00 Chair Yoga 11:00 Bingo 1:30 Cards 2:00 Poem Reading 2:30 Weekly Outing	12 10:30 Bingo 11:30 Meetings – <i>Resident council, Dietary, Activities</i> 1:00 Spa day 2:00 Music fun 2:45 Snacks	13 9:30 Morning exercise 10:30 Bingo 2:00 Scarf Fun 2:45 Snacks	14 TV, Puzzles, Games
15 10:30 Catholic Eucharist 11:30 Sunday Brunch 4:00 Worship Service 7:00 Bible Study	16 10:00 Circuit Training 11:00 Wii Bowling 1:30 Flexibility Flow 2:30 Special Interest Groups 2:30 Victory in Europe	17 10:00 Group Exercise 1:30 Friendship Stroll 1:30 Trivial Pursuit 2:00 Mahjong 6:30 Movie Night	18 10:00 Chair Yoga 11:00 Bingo 1:30 Cards 2:00 Poem Reading 2:30 Weekly Outing	19 10:30 Bingo 11:30 Meetings – <i>Resident council, Dietary, Activities</i> 1:00 Spa day 2:00 Music fun 2:45 Snacks	20 9:30 Morning exercise 10:30 Bingo 2:00 Scarf Fun 2:45 Snacks	21 TV, Puzzles, Games
22 10:30 Catholic Eucharist 11:30 Sunday Brunch 4:00 Worship Service 7:00 Bible Study	23 10:00 Circuit Training 11:00 Wii Bowling 1:30 Flexibility Flow 2:30 Special Interest Groups 2:30 Tour Audubon Park	24 10:00 Group Exercise 1:30 Friendship Stroll 1:30 Trivial Pursuit 2:00 Mahjong 6:30 Movie Night	25 10:00 Chair Yoga 11:00 Bingo 1:30 Cards 2:00 Poem Reading 2:30 Weekly Outing	26 10:30 Bingo 11:30 Meetings – <i>Resident council, Dietary, Activities</i> 1:00 Spa day 2:00 Music fun 2:45 Snacks	27 9:30 Morning exercise 10:30 Bingo 2:00 Scarf Fun 2:45 Snacks	28 TV, Puzzles, Games
29 10:30 Catholic Eucharist 11:30 Sunday Brunch 4:00 Worship Service 7:00 Bible Study	30 10:00 Circuit Training 11:00 Wii Bowling 1:30 Flexibility Flow 2:30 Special Interest Groups 2:30 Trip to Craft Museum	31 10:00 Group Exercise 1:30 Friendship Stroll 1:30 Trivial Pursuit 2:00 Mahjong 6:30 Movie Night	1	2	3	4