

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00-Walk Awhile 10:00-Trivia Games 1:00-Puzzles 3:00-Snack and Chat	2 9:00-Walk Awhile 11:00-Introduce Book Club 1:00-Holiday Decorating 3:00-BINGO	3 9:00-Exercise Video 1:00 -Movie and Snack 3:00-Music Sing Along –hymns
4 9:00-Walk Awhile 10:00-Bible Verse of the Day 1:00-Coffee and Current Events	5 9:00-Walk Awhile 10:00-Puzzle Time 1:00—Seated Stretching 3:00-Bird Watching	6 9:00-Walk Awhile 10:00-Shopping and Lunch 1:00-Seated Yoga 3:00-Introduce Read Aloud Series	7 9:00-Walk Awhile 10:00-Outdoor Bubble blowing 1:00-Seated Stretching 3:00-Birthday Club	8 9:00-Walk Awhile 10:00-Trivia 1:00– Seated Yoga 3:00-Introduce Bible Study	9 9:00-Walk Awhile 10:00– Music 1:00-Seated Stretching 3:00-BINGO	10 9:00-Nature Walk 10:00-Music 1:00-Chair Exercise 2:00-Games
11 9:00-Walk Awhile 10:00-Bible Verse of the Day 1:00-Coffee and Current Events	12 9:00-Walk Awhile 10:00-Puzzle Time 1:00—Seated Stretching 3:00-Bird Watching	13 9:00-Walk Awhile 10:00-Board Games 1:00-Seated Yoga 3:00-Read Aloud Series	14 9:00-Walk Awhile 10:00-Outdoor Bubble blowing 1:00-Seated Stretching 3:00-Introduce Baking Club	15 9:00-Walk Awhile 10:00-Dominoes 11:00-Finish the Phrase 3:00-Pastor Lead Devotional Time	16 9:00-Walk Awhile 11:00-Brain Boosters 3:00-BINGO	17 10:00-Music 2:00-Brain Boosters 3:00-Snack and Chat
18 9:00-Walk Awhile 10:00-Bible Verse of the Day 1:00-Coffee and Current Events	19 9:00-Walk Awhile 10:00-People & Puzzles 1:00—Seated Stretching 3:00-Bird Watching	20 9:00-Walk Awhile 10:00-Shopping and Lunch 1:00-Seated Yoga 3:00-Read Aloud Series	21 9:00-Walk Awhile 10:00-Outdoor Bubble blowing 1:00-Seated Stretching 3:00-Birthday Club	22 9:00-Walk Awhile 10:00-Trivia 1:00– Seated Yoga 3:00-Bible Study	23 9:00-Walk Awhile 10:00– Music 1:00-Seated Stretching 3:00-BINGO	24 9:00-Nature Walk 10:00-People & Puzzles 1:00-Chair Exercise 2:00-Snack and Chat
25 9:00-Walk Awhile 10:00-Bible Verse 1:00-Coffee and Current Events	26 9:00-Walk Awhile 10:00-Puzzle Time 1:00—Seated Stretching 3:00-Bird Watching	27 9:00-Walk Awhile 10:00-Board Games 1:00-Seated Yoga 3:00-Read Aloud Series	28 9:00-Walk Awhile 10:00-Outdoor Bubble blowing 1:00-Seated Stretching 3:00-Baking Club	29 9:00-Walk Awhile 10:00-Trivia 1:00– Seated Yoga 3:00-Bible Study	30 9:00-Walking Club 11:00-Brain Boosters 1:00-Seated Stretching 3:00-Card Games	31 9:00-Nature Walk 10:00—Music 2:00-Brain Boosters 3:00-BINGO