RESIDENCES AT FridaVVANTAGE POINTSaturday Sunday Monday Tuesday Wednesday Thursday 10:00 Current Events 10:00 Prayer Group -M 10:00 Current Events 10:00 What's Going On 10:30 Zumba w/ Leilani 10:30 Glider Sliders 10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:15 Daily Chronicle Reading 11:00 Daily Chronicle Reading 10:30 Sit & be Fit MAY 2024 11:30 This Day in History 11:15 Daily Chronicle Reading 11:30 This Day in History 11:30 Mind Aerobics 1:00 Walking Club 11:30 This Day in History 1:00 Walking Club 1:30 Games IN2L/Magic Table 2:00 Baking w/ Friends - M 2:30 It's Show Time 1:30 Balance Class w/ Vivian 2:00 Sing Along w/ Peter 2:00 Sing Along w/ Bob Kibler M Francis 5th Fl Monterey Place 2:00 Rummikub 3:30 Afternoon Social ASPEN PLACE 3:00 Afternoon Social 3:00 Talk & Treat 3:00 America's Great Road Trip 4:00 Sing Along – DVD 3:30 National Geographic 3:30 Adult Coloring w/ Friends 3:30 Cheese & Crackers Social 4:30 Magic Table 4:30 Catholic Service 2nd FI 4:30 Chat & Relax 4:00 Mindful Meditation 5 10:00 Current Events 6 10:00 Current Events 10 10:00 What's Going On 10:00 Let's Talk About It 7 10:00 Current Events 2 10:00 Prayer Group -M **q** 10:00 Current Events 10:30 Daily Chronicle Reading 10:30 Morning Exercise - Aurora 10:30 Armchair Exercise 10:30 Morning Exercise 10:30 Glider Sliders 10:00 Current Events 10:30 Boot Camp w/ Weights 11:00 Stretch & Flex - Collin 11:15 Daily Chronicle Reading 11:15 Daily Chronicle Reading 11:15 Daily Chronicle Reading 11:00 Daily Chronicle Reading 11:00 Chronicle Reading 10:30 Sit & be Fit 11:30 Songs of Inspiration & 11:30 This day In History 11:30 This Day in History 11:30 This Day in History 11:15 Daily Chronicle Reading 11:30 This Day in History 11:30 Mind Aerobics Praise 1:00 Library Visit 1:00 Hang out with Avril Time 1:00 Walking Club 11:30 This Day in History 1:00 Walking Club 1:30 Games IN2L/Magic Table 1:00 Meditation on IN2L 2:00 Entertainment 3rd FI 2:00 Baking w/ Friends - M 2:30 It's Show Time 2:00 Monday Movie 1:30 Balance Class w/ Vivian 2:00 Scenic Ride - Outside 1:30 IN2L Travel Tour Vintage Entertainment **Pride & Prejudice** 2:00 Rummikub 2:00 Virtual Walk - New Zealand 2:30 America's Great Road Trip 3:30 Afternoon Social 2:00 Protestant Church Service 4:00 TV Time resident choice 3:00 Afternoon Social 3:00 Afternoon Social 3:30 Friday Social 4:00 Sing Along – DVD 3:00 Talk & Treat 2nd FI Auditorium or Zoom 4:00 Mindful Meditation 3:30 You be the Judge-Trivia 3:30 National Geographic 3:30 Adult Coloring w/ Friends 4:30 Magic Table 2:30 Finish the Phrase/Lyrics 4:30 Chat & Relax 4:30 Catholic Service 2nd FI 3:30 Afternoon Social & Music 4:30 Chat & Relax Cinco de Mayo 12 10:00 Current Events 13 10:00 Current Events 16 10:00 Current Events 14 10:00 Current Events 17 10:00 What's Going On 15 10:00 Prayer Group -M 10:00 Let's Talk About It 18 10:30 Daily Chronicle Reading 10:30 Armchair Exercise 10:30 Morning Exercise 10:30 Glider Sliders 10:00 Current Events 10:30 Boot Camp w/ Weights 10:30 Zumba w/ Leilani 11:00 Stretch & Flex - 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Aurora 10:30 Daily Chronicle Reading 10:30 Morning Exercise 10:30 Boot Camp w/ Weights 10:30 Armchair Exercise 10:30 Glider Sliders 10:00 Current Events 11:00 Stretch & Flex - Collin 11:15 Daily Chronicle Reading 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:00 Chronicle Reading 11:15 Daily Chronicle Reading 11:00 Daily Chronicle Reading 11:30 Songs of Inspiration & 11:30 This Day in History 11:15 Daily Chronicle Reading 11:30 Mind Aerobics Praise 1:00 Walking Club 1:00 Library Visit 1:00 Hang out with Avril Time 11:30 This Day in History 1:00 Walking Club 1:30 Games IN2L/Magic Table 1:00 Meditation on IN2L 2:00 Monday Movie 2:00 Entertainment 3rd FI 2:00 Baking w/ Friends - M 1:30 Balance Class w/ Vivian 2:00 Get Moving with Positive 2:30 It's Show Time 1:30 IN2L Travel Tour 2:00 Rummikub Music by DJ Randy - M 3:30 Afternoon Social with Steve Flynn 2:00 Virtual Walk - Australia Intern 2:00 Protestant Church Service 4:00 TV Time resident choice 3:00 Wine & Cheese Social 3:00 Afternoon Social 3:00 Talk & Treat 3:00 America's Great Road Trip 4:00 Sing Along – DVD 2nd FI Auditorium or Zoom 3:30 You be the Judge-Trivia 3:30 National Geographic 3:30 Adult Coloring w/ Friends 3:30 Cheese & Crackers Social 4:30 Magic Table 2:30 Finish the Phrase/Lyrics 4:30 Catholic Service 2nd FI 4:30 Chat & Relax 4:30 Chat & Relax 4:00 Mindful Meditation 3:30 Afternoon Social & Music Victoria Day (Canada) 26 10:00 Current Events 27 10:00 Current Events 28 10:00 Current Events 30 10:00 Current Events 29 10:00 Prayer Group -M 10:00 Let's Talk About It 31 Weekend activities are on 10:30 Daily Chronicle Reading 10:30 Morning Exercise 10:30 Glider Sliders 10:00 Current Events 10:30 Boot Camp w/ Weights` 10:30 Armchair Exercise Monterey Place 11:00 Stretch & Flex - Collin 11:15 Daily Chronicle Reading 11:15 Daily Chronicle Reading 11:15 Daily Chronicle Reading 11:00 Chronicle Reading 10:30 Sit & be Fit M=Monterey Place - 5th 11:30 Songs of Inspiration & 11:30 This day In History 11:30 This Day in History 11:30 This Day in History 11:15 Daily Chronicle Reading 11:30 This Day in History Praise 1:00 Walking Club 1:00 Library Visit 1:00 Hang out with Avril Time 1:00 Walking Club 11:30 This Day in History 1:00 Meditation on IN2L 2:00 Entertainment 3rd FI 2:00 Baking w/ Friends - M 2:00 Monday Movie 1:30 Balance Class w/ Vivian 2:00 Fun For All - Outside 1:30 IN2L Travel Tour The Longest Ride with Steve Flynn 2:00 Rummikub 2:00 Virtual Walk Unique Places Sidwell Gardens, games & 2:00 Protestant Church Service 4:00 TV Time resident choice 3:00 Wine & Cheese Social 3:00 Afternoon Social 3:00 Talk & Treat music 2nd FI Auditorium or Zoom 3:30 You be the Judge-Trivia 3:30 National Geographic 3:30 Adult Coloring w/ Friends 3:00 America's Great Road Trip 2:30 Finish the Phrase/Lyrics 4:30 Chat & Relax 4:30 Catholic Service 2nd FI 4:30 Chat & Relax 4:00 Mindful Meditation 3:30 Afternoon Social & Music