

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi <b>2:00 Monday Matinee Pearl Harbor</b> 3:30 Afternoon Snack 4:00 Mindful Meditation 4:30 TV Resident Choice	10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga <b>2:00 Entertainment 3rd Fl with Vintage Entertainment</b> 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/ Tameka 3:00 Sip & Create w/ Friends 3:30 Snack & Chat 4:30 Catholic Service 2 <sup>nd</sup> FL	10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:30 Balance Class w/ Fitness</b> 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 Ted Talk 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L <b>2:00 Entertainment w/ Bob Clark - M</b> 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi <b>2:00 Monday Matinee Steel Magnolias</b> 3:30 Afternoon Snack 4:00 Mindful Meditation 4:30 TV Resident Choice	10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga <b>2:00 Entertainment 5th Fl with Charles Lee - M</b> 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/ Tameka 3:00 Sip & Create w/ Friends 3:30 Snack & Chat 4:30 Catholic Service 2 <sup>nd</sup> FL	10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:30 Balance Class w/ Fitness</b> 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club <b>1:30 Centers w/ Marilyn &amp; Friends - M</b> 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 <b>Entertainment w/ Bob Clark - M</b> 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics <b>3:30 UNMUTE Concert</b> 4:00 Meditation on IN2L	10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi <b>2:00 Monday Matinee Ocean 11</b> 3:30 Afternoon Snack 4:00 Mindful Meditation 4:30 TV Resident Choice <small>Martin Luther King Jr. Day</small>	10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga <b>2:00 Entertainment 3rd Fl with Steve Flynn</b> 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/ Tameka 3:00 Sip & Create w/ Friends 3:30 Snack & Chat 4:30 Catholic Service 2 <sup>nd</sup> FL	10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:30 Balance Class w/ Fitness</b> 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Breast Cancer Awareness <b>2:00 Entertainment 5<sup>th</sup> Fl With DJ Randy - M</b> 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L <b>2:00 Entertainment w/ VinBmusic - M</b> 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi <b>2:00 Monday Matinee Ocean 12</b> 3:30 Afternoon Snack 4:00 Mindful Meditation 4:30 TV Resident Choice <small>Australia Day (Observed)</small>	10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga <b>2:00 Group Bingo</b> 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking Pizza w/ Tameka 2:30 Sip & Create w/ Friends 3:30 Snack & Chat 4:30 Catholic Service 2 <sup>nd</sup> FL	10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History <b>1:30 Balance Class w/ Fitness</b> 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 Ted Talk & Discussion 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music