

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Miss Congeniality Snack & Drink Provided 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Miss Congeniality Snack & Drink Provided 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Outside 2nd FL Terrance 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie</p>	<p>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 2nd FL 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax 6:00 Evening Movie</p>	<p>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 Sing Along w/ Peter Francis 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation</p>	<p>10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:00 Entertainment w/ Bob Clark 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music</p>
<p>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 Entertainment w/ VinBmusic - M 3:30 Afternoon Social & Music 4:00 Meditation on IN2L</p>	<p>10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Miss Congeniality 2 Snack & Drink Provided 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Entertainment 3rd FI with Charles Lee - M 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie</p>	<p>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 2nd FL 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax 6:00 Evening Movie</p>	<p>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 Travel Tour 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation</p>	<p>10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:00 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music</p>
<p>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 <small>Flag Day (U.S.)</small></p>	<p>10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Parent Trap Snack & Drink Provided 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Entertainment 3rd FI with Steve Flynn - M 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie</p>	<p>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 2nd FL 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax 6:00 Evening Movie</p>	<p>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 Travel Tour 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation <small>Juneteenth</small></p>	<p>10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 1:30 Entertainment w/ Bob Clark 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music</p>
<p>10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 1:30 Entertainment w/ VinBmusic - M 3:30 Afternoon Social & Music 4:00 Meditation on IN2L <small>Father's Day Summer Begins</small></p>	<p>10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Annie 2 Snack & Drink Provided 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Entertainment 3rd FI with Vintage Entertainment - M 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie</p>	<p>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 2nd FL 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax 6:00 Evening Movie</p>	<p>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 Entertainment 5th FI with DJ Randy - M 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation</p>	<p>10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:00 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music</p>
<p>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</p>	<p>10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Resident Choice Snack & Drink Provided 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie</p>	<p>10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Outside 2nd FL Terrance 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie</p>				

Residences at Vantage Point – Please note that activities can be change anytime due to resident's preferences

All weekend activities are on Monterey Place M=Monterey Place – 5th FI unless noted