

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 ASPEN PLACE		10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Entertainment 3rd Fl with Vintage Entertainment - M 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie	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 nd FL 6:00 Evening Movie	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 1:45 Centers w/ Marilyn & Friends 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax 6:00 Evening Movie	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 6:00 Resident Choice	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	
	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	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 Get Out 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie	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 Fl with Charles Lee - M 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie	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 nd FL 6:00 Evening Movie	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 Piano Recital w/ Mary - M 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax 6:00 Evening Movie	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 Touring the World 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation 6:00 Resident Choice	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
	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 2:00 Monday Matinee Gone Girl 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie	10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Entertainment 3rd Fl with Steve Flynn - M 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie	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 nd FL 6:00 Evening Movie	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	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 Fl with Bruce Thomas - M 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation 6:00 Resident Choice	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
	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	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 Who Framed Roger Rabbit 4:00 Mindful Meditation 4:30 Brit Box 6:00 Evening Movie	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 2 nd FL Terrance 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime 6:00 Evening Movie	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 nd FL 6:00 Evening Movie	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 Piano Recital w/ Mary - M 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax 6:00 Evening Movie	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 Fl with DJ Randy - M 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation 6:00 Resident Choice	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
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