

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Evening: Crossword Club Short Stories Social 1	Morning: Card Exercise with Sara Bean Bag Toss I with Sara Do you Remember? with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Evening: Art Appreciation Spa Night 2	Morning: 10am: Card Exercise w/Nicolette 10:30am:Tabletop Bowling w/Nicolette 11am: Volleyball w/Nicolette Afternoon: September Social w/Nicolette Brain Fitness Afternoon Movie Social Evening: Poetry Reading Social Kitchen Creations Music Appreciation 3	Morning: Nature Appreciation Fitness & Cardio 11:30am: Pet Therapy with Marnie Afternoon: Indoor Golf Afternoon Movie Social Brain Fitness Evening: Musical Creations Evening Group Mediation 4	Morning: 10am: Seated Tai Chi by Ann Sullo BINGO Sacred Heart Communion 11am: Animal Talk w/Audrey Afternoon: Brain Fitness Afternoon Movie Social Sit & Paint Evening: Refreshments & Music Spa Night 5	Morning: Card Exercise Volleyball Morning Patio Social Afternoon: Kitchen Creations Jewelry Designs Afternoon Movie Social Evening: Bean Bag Toss 10 Card Flip w/ Nayas Group Breathwork Exercis 6	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Karaoke Social Nature Appreciation 3pm: Live Music by Nancy Wildman Afternoon Movie Social Evening: Sit & Paint Short Stories Social 7
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Evening: Crossword Club Short Stories Social 8	Morning: Card Exercise with Sara 10:00 Volleyball with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Evening: Art Appreciation Spa Night 9	Morning: 10am: Card Exercise w/Nicolette 10:30am:Tabletop Bowling w/Nicolette 11am: Volleyball w/Nicolette Afternoon: September Social with Nicolette Horseshoe Toss Afternoon Movie Social Brain Fitness Evening: Kitchen Creations Evening Group Meditation 10	Morning: Nature Appreciation Fitness & Cardio Afternoon: Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness Evening: Musical Creations Evening Group Mediation 11	Morning: 10am: Seated Tai Chi by Ann Sullo BINGO Sacred Heart Communion 11am: Let's Get Crafty with Nicolette Afternoon: Name 5 w/Theresa Afternoon Movie Social Sit & Paint Evening: Refreshments & Music Spa Night 12	Morning: Card Exercise Morning Patio Social 10am: Outtrip to March Farms w/Nicolette & Jordyn Afternoon: Kitchen Creations Jewelry Designs Afternoon Movie Social Evening: Bean Bag Toss Go Fish 13	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Karaoke Social Nature Appreciation Afternoon Group Seated Stretch Afternoon Movie Social Evening: Sit & Paint Short Stories Social 14
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Evening: Crossword Club Short Stories Socia 15	Morning: Card Exercise with Sara Volleyball with Sara Lets make a Scarecrow with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Evening: Art Appreciation Spa Night 16	Morning: 10am: Card Exercise w/Nicolette 10:30am:Tabletop Bowling w/Nicolette 11am: Volleyball w/Nicolette Afternoon: September Social w/Nicolette Dice Game Afternoon Movie Social Evening: Poetry Reading Social Kitchen Creations Music Appreciation 17	Morning: Nature Appreciation Fitness & Cardio 11:30am: Pet Therapy with Marnie Afternoon: Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness Evening: Musical Creations Evening Group Mediation 18	Morning: 10am: Seated Tai Chi by Ann Sullo BINGO Sacred Heart Communion 11am: Trivia with Nicolette Afternoon: Famous Faces w/Theresa Afternoon Movie Social Sit & Paint Evening: Refreshments & Music Spa Night 19	Morning: Card Exercise Volleyball Morning Patio Social Afternoon: Kitchen Creations Jewelry Designs Afternoon Movie Social Evening: Bean Bag Toss Checkers Group Breathwork Exercise 20	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Karaoke Social Nature Appreciation 3pm: Live Music by Jim Moore Afternoon Movie Social Evening: Sit & Paint Short Stories Social 21
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Evening: Crossword Club Short Stories Social 22	Morning: Card Exercise with Sara Ball Toss with Sara Catch me if You Can with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Evening: Art Appreciation Spa Night 23	Morning: Seated Exercise 10:30am: Trivia w/Nicolette 11am: Live Piano by Brian Horberg Afternoon: September Social with Nicolette Cone Toss Afternoon Movie Social Brain Fitness Evening: Kitchen Creations Evening Group Meditation 24	Morning: Nature Appreciation Fitness & Cardio Afternoon: Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness Evening: Musical Creations Evening Group Mediation 25	Morning: 10am: Seated Tai Chi by Ann Sullo BINGO Sacred Heart Communion 11am: Let's Get Crafty with Nicolette Afternoon: Brain Fitness Afternoon Movie Social Sit & Paint Evening: Refreshments & Music Spa Night 26	Morning: Card Exercise 10am: Outtrip w/Nicolette & Jordyn Afternoon: Kitchen Creations Jewelry Designs Afternoon Movie Social Evening: Bean Bag Toss 10 Card Flip w/ Nayas Group Breathwork Exercis 27	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Karaoke Social Nature Appreciation Afternoon Group Seated Stretch Afternoon Movie Social Evening: Sit & Paint Short Stories Social 28
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Evening: Crossword Club Short Stories Social 29	Morning: Card Exercise with Sara 10:00 Volleyball with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Evening: Art Appreciation Spa Night 30					

All activities are led by Nayas unless otherwise noted.
All programs and times are subject to change.