

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> <li> Brain Power</li> <li> Exercise &amp; Movement</li> <li> Expression</li> <li> Inner Strength</li> <li> Nourishment &amp; Health</li> <li> Socialization</li> <li> Spirituality</li> </ul>	<p><b>Keep your mind sharp by using our <u>Dakim Brain Fitness!</u></b></p> <p><b>Studies show using the program 3x/week sharpens your mind!</b></p>	<p><b>Be sure to check out our Lucynt Interactive Table in our Activity Room! A great tool that is available 24/7!</b></p>	<p><b>Join us for a fun interactive exercise program <u>Zumba Gold!</u></b></p> <p><b>Wednesday's at 1:00 pm</b></p>	<p>9:15  Sit N Be Fit</p> <p>10:00  Creative Minds [AR]</p> <p><b>1:00  Catholic Mass</b></p> <p>2:30  Pamper Hour [AR]</p> <p>3:30  Lucynt Interactive Table</p> <p>6:00  Chicken Chucking [AR]</p>	<p>9:00  Pool w/ Nichol!</p> <p>9:15  Sit &amp; Be Fit [AR]</p> <p>9:45  Guided Meditation</p> <p>10:15  Communion</p> <p>10:30  Worship &amp; Hymn Sing [AR]</p> <p>1:00  Dakim Brain Fitness</p> <p>2:00  News Currents</p> <p>6:00  Movie Night</p>	<p>9:15  Sit N Be Fit [AR]</p> <p>10:00  Meditation and Music</p> <p>10:00  Scrapbooking [AR]</p> <p>1:00  Puzzles Puzzles Puzzles!!! [AR]</p> <p>2:00  Jeopardy! [AR]</p> <p>3:00  Bingo [AR]</p> <p>6:00  Toss N' Talk Ball [AR]</p>
<p>9:15  Morning Bible reading</p> <p>10:00  <b>National Mass</b></p> <p>10:30  Storytelling Cards [AR]</p> <p>1:00  Color Me Calm</p> <p>3:00  World Travels</p> <p>3:30  Snoezelen Room Group Activity</p> <p>6:00  Hymn Sing [AR]</p>	<p>9:15  Zumba</p> <p>10:00  Pamper Hour [AR]</p> <p>10:00  <b>Therapy Dog Visit</b></p> <p>11:15  <b>Picnic on AL Patio!</b></p> <p>1:00  Afternoon Matinee</p> <p>2:00  Devotional Stories [AR]</p> <p>3:00  <b>Ice Cream Malt Social</b></p> <p>3:30  Lucynt Interactive Table</p> <p>6:00  Noodle ball</p>	<p>9:15  Sit &amp; Be Fit [AR]</p> <p>10:00  <b>Morning Cruise [AR]</b></p> <p>1:00  Rock Steady Boxing (Parkinson's Specific)</p> <p><b>1:30  Resident Olympics!</b></p> <p>6:00  Card Shark</p>	<p>9:15  Classic TV Shows [AR]</p> <p>10:00  Resident Olympics!</p> <p>6:00  Noodle ball</p>	<p>9:15  Sit N Be Fit</p> <p>10:00  Creative Minds [AR]</p> <p>1:00  Hand Massages</p> <p>1:30  Afternoon Cruise</p> <p>2:30  Pamper Hour [AR]</p> <p>3:30  Lucynt Interactive Table</p> <p>6:00  Chicken Chucking [AR]</p>	<p>9:00  Pool w/ Nichol!</p> <p>9:15  Sit &amp; Be Fit [AR]</p> <p>9:45  Guided Meditation</p> <p>10:15  Communion</p> <p>10:30  Worship &amp; Hymn Sing [AR]</p> <p>1:00  Dakim Brain Fitness</p> <p>2:00  News Currents</p> <p><b>3:00  France Happy hour with Roger!</b></p> <p>6:00  Spelling Bee [AR]</p>	<p>9:15  Sit N Be Fit [AR]</p> <p>10:00  Meditation and Music</p> <p>10:00  Scrapbooking [AR]</p> <p>1:00  Bingo [AR]</p> <p>2:00  Jeopardy! [AR]</p> <p>6:00  Toss N' Talk Ball [AR]</p>
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