



NEW STANDARD  
Senior Living

## SAMPLE CALENDAR

Everyday - 1:00 Walking Club (weather permitting) | Every Tuesday - 1:00 Walmart | Every Wednesday - 11:30 Lunch Outing | Every Thursday - 1:00 Mall Walks

### Monday

- 10:00 Gentle Stretching
- 10:30 Stretch & Strengthen
- 11:00 Wii Bowling
- 2:00 Happy Hour
- 3:00 Music Monday
- 7:00 Card Club

### Tuesday

- 9:00 Friendly Visits
- 10:30 Sittercise
- 11:00 Pet Therapy
- 2:00 Happy Hour
- 2:15 Bingo
- 4:00 Polka Music
- 6:00 Movie

### Wednesday

- 9:00 Bible Study
- 10:30 Stretch & Strengthen
- 11:00 Pick Your Art
- 2:00 Happy Hour
- 3:15 Rehydrate
- 4:00 Balloon Volley
- 7:15 Worship Service

### Thursday

- 10:00 Dog Visits
- 10:30 Sittercise
- 11:00 Brain Games
- 1:00 Bean Bag Toss
- 2:00 Happy Hour
- 3:00 Music with Melody
- 6:00 Painter's Pick

### Friday

- 9:00 Smooth Moves
- 10:30 Stretch & Strengthens
- 11:00 Favorite One Dish Meals
- 1:00 Table Games
- 2:00 Happy Hour
- 6:00

### Saturday

- 9:30 Nail Care
- 10:30 Stretch & Strengthen
- 11:00 Book Club
- 2:15 Bingo
- 4:00 Men's Club

### Sunday

- 10:00 Stretch & Strengthen
- 11:00 Church Service
- 1:30 Devotion
- 3:00 Fellowship
- 4:00 Women's Club

\*This is just a sample. Activities do not reflect current activity calendar.



A Priority Life Care Community