



Affordable, Modern Retirement Living



SAMPLE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 AM Seated Fitness	10 AM Memory Games	10 AM Yoga Fitness	10 AM Bean Bag Toss	10 AM Trivia Games	10 AM Scrabble	10 AM Personal Spiritual Time
1:30 PM Exercises	1:30 PM Music-Music	1:30 PM Stand-up Fitness	1:30 PM Laughter Yoga	1:30 PM Wii Games	1:30 PM Indoor/Outdoor Walk	1:30 PM Social Time & Refreshments
3:00 PM Bridge	3:00 PM Crazy Eights	3:00 PM Rummy	3:00 PM Canasta	3:00 PM Rummy	3:00 PM Cribbage	3:00 PM Bingo
6:30 PM Guest Speaker	6:30 PM Sing-Along	6:30 PM Coffee, Tea & Treats	6:30 PM Remember When	6:30 PM Workshop	6:30 PM Dancing	6:30 PM Entertainment

LIVE TO YOUR RHYTHM in a carefree senior living environment.