

SAMPLE ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 – Full Body Chair Exercise (AR) 11:00 – Mugs & Muffins (AR) 1:00 – Guys & Golf (AR) 3:00 – Grilling Veggies from AC Garden (AR) 4:00 – Happy Hour (Pub) 6:30 – Movie Monday (AR)	2 9:00 – Balance in Action w/Troy (AR) 10:00 – Resistance Exercise (AR) 11:00 – Gardening Club (AR) 1:00 – National Ice Cream Sandwich Day (AR) 3:00 – Flower Bouquet Making Club (AR) 4:00 – Happy Hour (Pub) 4:30 – Quarter Bingo (Pub)	3 10:00 – Yoga w/ Tillie (AR) 11:00 – Music Therapy (AR) 1:00 – Jumbo Connect 4 & Checkers (AR) 2:00 – Food Council Meeting(Dining Room) 3:00 – LCR- game (AR) 4:00 – Happy Hour (Pub)	4 10:00 – Resistance Exercise (AR) 11:00 – Catholic Service w/ Communion (Chapel) 1:00 – Afternoon Stroll (AR) 3:00 – Hello, Sunflower Door Décor (AR) 4:00 – Happy Hour (Pub)	5 9:00 – Chair Yoga (AR) 10:00 – Book Club (First Meeting) (AR) 11:00 – Gardening Club (AR) 1:00 – Jewelry Party (AR) 4:00 – Happy Hour (Pub) 4:30 – Quarter Bingo (Pub)	6 10:00 – Resistance Exercise (AR) 11:00 – Morning Stroll (AR) 1:00 – Movie & Games (AR) 3:00 – Bingo (AR)
7 10:00 – Chair Yoga (AR) 11:00 – Card Games (AR) 1:00 – Afternoon Stroll (AR) 3:00 – Sunday Worship Service (Chapel)	8 10:00 – Upper Body Chair Exercise (AR) 11:00 – Meditation Monday (AR) 1:00 – Yahtzee (AR) 3:00 – Don- Singer (AR) 4:00 – Happy Hour (Pub) 6:30 – Movie Monday (AR)	9 9:00 – Balance in Action w/Troy (AR) 10:00 – Resistance Exercise (AR) 11:00 – Gardening Club (AR) 1:00 – Strawberry Daiquiri Day (AR) 3:00 – Roll & Bowl- Dice Game (AR) 4:00 – Happy Hour (Pub) 4:30 – Quarter Bingo (Pub)	10 10:00 – Chair Yoga (AR) 11:00 – Support Group (AR) 1:00 – Name That Tune (AR) 3:00 – Catholic Mass (Chapel) 4:00 – Happy Hour (Pub)	11 10:00 – Resistance Exercise (AR) 11:00 – Art Therapy (AR) 1:00 – Wellness Seminar w/ Therapy- Energy Conservation (AR) 3:00 – Ashton Commons Herb Tea Party (AR) 4:00 – Happy Hour (Pub) 4:30 – Trivia (Pub)	12 10:00 – Chair Yoga (AR) – Living Treasures Outing 11:00 – Book Club (AR) 1:00 – Gardening Club (AR) 3:00 – DIY Pressed Flower Lanterns (AR) 4:00 – Happy Hour (Pub) 4:30 – Quarter Bingo (Pub)	13 10:00 – Resistance Exercise (AR) 11:00 – Morning Stroll (AR) 1:00 – Jumbo Bowling Tournament- National Bowling Day (AR) 3:00 – Bingo (AR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 10:00 – Chair Yoga (AR) 11:00 – Creative Hour (AR) 1:00 – Afternoon Stroll (AR) 3:00 – Sunday Worship Service (Chapel)	15 10:00 – Seated Tai Chi (AR) 11:00 – Mugs & Muffins (AR) 1:00 – Spa Day- National relaxation Day (AR) 3:00 – Tie Blankets for Donation- Part 1(AR) 4:00 – Happy Hour (Pub) 6:30 – Movie Monday (AR)	16 9:00 – Balance in Action w/Troy (AR) 10:00 – Resistance Exercise (AR) 11:00 – Gardening Club (AR) 1:00 – Quarter LCR (AR) 3:00 – Flower Bouquet Making Club (AR) 4:00 – Happy Hour (Pub) 4:30 – Quarter Bingo (Pub)	17 9:00 – Yoga w/ Tillie (AR) 10:00 – Music Therapy (AR) 1:00 – Catholic Communion (Chapel) 3:00 – No-Bake Cookie Dough (AR) 4:00 – Happy Hour (Pub)	18 10:00 – Resistance Exercise (AR) 11:00 – Morning Stroll (AR) 1:00 – Homemade Salsa W/ Garden tomatoes (AR) 2:00 – Resident Council (AR) 3:00 – Happy Hour (Pub)	19 10:00 – Chair Yoga (AR) – Therapeutic Riding Outing 11:00 – Book Club (AR) 1:00 – Gardening Club (AR) 3:00 – DIY Bee Skep Craft (AR) 4:00 – Happy Hour (Pub) 4:30 – Quarter Bingo (Pub)	20 10:00 – Resistance Exercise (AR) 11:00 – Morning Stroll (AR) 1:00 – Movie & Games (AR) 3:00 – Bingo (AR)
21 10:00 – Chair Yoga (AR) 11:00 – Make & Send A Greeting Card (AR) 1:00 – Afternoon Stroll (AR) 3:00 – Catholic Communion (Chapel)	22 10:00 – Flexibility/ Stretching Class (AR) 11:00 – Gardening Club (AR) 1:00 – Tie Blankets- Part 2 (AR) 3:00 – Elvis Day (AR) 4:00 – Happy Hour & Mojito Monday (Pub) 6:30 – Movie Monday (AR)	23 9:00 – Balance in Action w/Troy (AR) 10:00 – Mall Outing – Resistance Exercise (AR) 11:00 – Art Therapy (AR) 1:00 – Catholic Communion (Chapel) 3:00 – Tie-Dye Tuesday (AR) 4:00 – Happy Hour (Pub) 4:30 – Quarter Bingo (Pub)	24 9:00 – Yoga w/ Tillie (AR) 10:00 – Support Group (AR) 11:00 – Corn Hole Tournament (AR) 1:00 – Belgian Waffles for Nat. Waffle Day (AR) 4:00 – Happy Hour (Pub)	25 10:00 – Resistance Exercise (AR) 11:00 – Coffee & Chat w/ Therapy (AR) 1:00 – Fluid Art (AR) 3:00 – Sips & Dips (AR) 4:00 – Happy Hour (Pub) 4:30 – Trivia (Pub)	26 10:00 – Chair Yoga (AR) – Mall Shopping Trip 11:00 – Book Club (AR) 1:00 – Gardening Club (AR) 3:00 – Nat. Dog Day- Pet therapy & Games (AR) – Happy Hour (Pub) 5:00 – Formal Dinner (Dining Room)	27 10:00 – Resistance Exercise (AR) 11:00 – Morning Stroll (AR) 1:00 – Movie & Games (AR) 3:00 – Bingo (AR)
28 10:00 – Chair Yoga (AR) 11:00 – Open Art/ Creative Hour (AR) 1:00 – Afternoon Stroll (AR) 3:00 – Sunday Worship Service (Chapel)	29 10:00 – Chair Yoga (AR) 11:00 – Mugs & Muffins (AR) 1:00 – Skip-Bo Card Game (AR) 3:00 – Homemade Chiro Twists (AR) 4:00 – Happy Hour (Pub) 6:30 – Movie Monday (AR)	30 9:00 – Balance in Action w/Troy (AR) 10:00 – Resistance Exercise (AR) 11:00 – Gardening Club (AR) 1:00 – Catholic Communion (Chapel) 3:00 – Decoupage Decor (AR) 4:00 – Happy Hour (Pub) 4:30 – Quarter Bingo (Pub)	31 10:00 – Yoga w/ Tillie (AR) 11:00 – Morning Stroll (AR) 1:00 – Pina Colada Day (AR) 3:00 – August Birthday Celebration (AR) 4:00 – Happy Hour (Pub)			