

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Coffee Social <b>10:00 Morning Stretches</b> 10:30 Spiritual Corner 11:00 Best Choirs 1:00 Garden Walk 2:00 Smoothies 3:00 Beach SENSORY 4:00 Dance to the Beat 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Brain Aerobics <b>11:00 Sing Along</b> 1:00 Puzzlemania <b>2:00 Memorabilia Monday</b> 3:00 BOWLING 4:00 Reminiscing 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fitness</b> 10:30 Conductorsize 11:00 Patio Talk 1:00 Refresh & Renew <b>2:00 Musical Scenes</b> 3:00 Artistic Hour 4:00 Toss N' Talk 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Music Makers 11:00 What's in The Box? 1:30 Garden Walk <b>2:00 Ice Cream Social</b> 3:00 Drum Circle 4:00 Reading Hour 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 FUN FITNESS</b> 10:30 PARACHUTE 11:00 COLORAMA 1:00 Folding & Sorting 2:00 Car Show 3:00 Ring Toss 4:00 Breathing Exercises 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit w/ Karla</b> 10:30 Massage Therapy 11:00 Hand Spa <b>1:00 Spa Day (Continued)</b> 2:00 Music Makers 3:00 Garden Walk <b>3:30 Music Entertainment</b> 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fun Fitness w/ Karla</b> <b>10:30 Music Remembered w/ Mathew</b> 1:00 Ballroom Dancing <b>2:00 Pet Therapy w/ Millie</b> 3:00 Relaxation Stations 4:00 Happy Hour (DR) 6:00 Movie Classics
9:00 Coffee Social <b>10:00 Morning Stretches</b> 10:30 Spiritual Corner 11:00 Best Choirs 1:00 Garden Walk 2:00 Tea Time 3:00 Magazine Reads 4:00 Dance to the Beat 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Brain Aerobics <b>11:00 Sing Along</b> 1:00 Puzzlemania <b>2:00 Memorabilia Monday</b> 3:00 BOWLING 4:00 Reminiscing 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fitness</b> 10:30 Conductorsize 11:00 Patio Talk 1:00 Refresh & Renew <b>2:00 Musical Scenes</b> 3:00 Artistic Hour 4:00 Toss N' Talk 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Music Makers 11:00 Brain Aerobics 1:30 Sing Along (GR) <b>2:00 Ice Cream Social</b> 3:00 Drum Circle 4:00 Reading Hour 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 FUN FITNESS</b> 10:30 PARACHUTE 11:00 COLORAMA 1:00 Folding & Sorting 2:00 Flower Arranging 3:00 Ring Toss 4:00 Breathing Exercises 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit w/ Karla</b> 10:30 Massage Therapy 11:00 Hand Spa <b>1:00 Spa Day (Continued)</b> 2:00 Poetry Reading 3:00 Garden Walk <b>3:30 Outdoor activities</b> 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fun Fitness w/ Karla</b> 10:30 Money Sorting 11:00 Orchestra Performance 1:00 Folding & Sorting <b>2:00 Pet Therapy w/ Millie</b> 3:00 Relaxation Stations 4:00 Happy Hour (DR) 6:00 Movie Classics
9:00 Coffee Social <b>10:00 Morning Stretches</b> 10:30 Spiritual Corner 11:00 Best Choirs 1:00 Garden Walk 2:00 Smoothies 3:00 SENSORY 4:00 Dance to the Beat 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Brain Aerobics <b>11:00 Sing Along</b> 1:00 Puzzlemania <b>2:00 Memorabilia Monday</b> 3:00 BOWLING 4:00 Reminiscing 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fitness</b> 10:30 Conductorsize 11:00 Patio Talk 1:00 Refresh & Renew <b>2:00 Musical Scenes</b> 3:00 Artistic Hour 4:00 Toss N' Talk 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Music Makers 11:00 What's in The Box? 1:30 Garden Walk <b>2:00 Ice Cream Social</b> 3:00 Drum Circle 4:00 Reading Hour 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 FUN FITNESS</b> 10:30 PARACHUTE 11:00 COLORAMA 1:00 Folding & Sorting 2:00 Gardening 3:00 Ring Toss 4:00 Breathing Exercises 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit w/ Karla</b> 10:30 Massage Therapy 11:00 Hand Spa <b>1:00 Spa Day (Continued)</b> 2:00 Music Makers 3:00 Garden Walk <b>3:30 Music Entertainment</b> 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fun Fitness w/ Karla</b> <b>10:30 Music Remembered w/ Mathew</b> 1:00 Ballroom Dancing <b>2:00 Pet Therapy w/ Millie</b> 3:00 Relaxation Stations 4:00 Happy Hour (DR) 6:00 Movie Classics
9:00 Coffee Social <b>10:00 Morning Stretches</b> 10:30 Spiritual Corner 11:00 Best Choirs 1:00 Garden Walk 2:00 Tea Time 3:00 Magazine Reads 4:00 Dance to the Beat 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Brain Aerobics <b>11:00 Sing Along</b> 1:00 Puzzlemania <b>2:00 Memorabilia Monday</b> 3:00 BOWLING 4:00 Reminiscing 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fitness/ OUTING</b> 10:30 Conductorsize 11:00 Patio Talk/ 1:00 Refresh & Renew <b>2:30 Courtyard Entertainment</b> 3:30 Relaxation Stations 4:00 Toss N' Talk 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Music Makers 11:00 Brain Aerobics 1:30 Sing Along (GR) <b>2:00 Ice Cream Social</b> 3:00 Drum Circle 4:00 Reading Hour 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 FUN FITNESS</b> 10:30 PARACHUTE 11:00 COLORAMA 1:00 Folding & Sorting 2:00 Flower Arranging 3:00 Ring Toss 4:00 Breathing Exercises 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit w/ Karla</b> 10:30 Massage Therapy 11:00 Hand Spa <b>1:00 Spa Day (Continued)</b> 2:00 Hawaii Tour 3:00 Garden Walk <b>3:30 HULA Entertainment</b> 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fun Fitness w/ Karla</b> 10:30 Money Sorting 11:00 Frank Sinatra Live 1:00 Folding & Sorting <b>2:00 Pet Therapy w/ Millie</b> 3:00 Relaxation Stations 4:00 Happy Hour (DR) 6:00 Movie Classics
9:00 Coffee Social <b>10:00 Morning Stretches</b> 10:30 Spiritual Corner 11:00 Best Choirs 1:00 Garden Walk 2:00 Smoothies 3:00 SENSORY 4:00 Dance to the Beat 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Sit &amp; Fit</b> 10:30 Brain Aerobics <b>11:00 Sing Along</b> 1:00 Puzzlemania <b>2:00 Memorabilia Monday</b> 3:00 BOWLING 4:00 Reminiscing 6:00 Movie Classics	9:00 Daily Chronicle <b>10:00 Fitness</b> 10:30 Conductorsize 11:00 Patio Talk 1:00 Refresh & Renew <b>2:00 Musical Scenes</b> 3:00 Artistic Hour 4:00 Toss N' Talk 6:00 Movie Classics				

For questions regarding Programs please contact Elizabeth Colunga- Activity Director (626)791-1981