

Monday	Tuesday	Wednesday	Thursday	Friday
				
9:00 Breakfast 10:15 Morning Stretches/Rosary 10:30 Movement Class For All 11:30 Community Events 11:30 Walking Club 12:00 Lunch 1:00 Movie Afternoon/Trivia 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 10:30 Creative Art Group 11:00 Exercise "Skii Ball" 11:30 Walking Club 12:00 Lunch 1:00 <b>Mystery Ride</b> 1:00 Bingo/Bocce/Knitting	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 11:00 Exercise "Homerun Baseball" 11:30 Walking Club 12:00 Lunch 1:00 Card Bingo/Trivia 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 <b>Communion w/Eleanor</b> 11:30 Community Events 11:30 Walking Club 12:00 Lunch 1:00 Wheel of Fortune/Bocce 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 11:00 Exercise "Ring Toss" 10:30 <b>Jewelry Making</b> 11:30 Walking Club 12:00 Lunch 1:00 Crafts/Reading Group/Board Games
9:00 Breakfast 10:15 Morning Stretches/Rosary 10:30 Movement Class For All 11:30 Community Events 11:30 Walking Club 12:00 Lunch 1:00 <b>Bowling Trip</b> 1:00 Pokeno/Trivia	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 10:30 Exercise "Beanbag Toss" 10:30 Creative Art Group 11:30 Walking Club 12:00 Lunch 1:00 Knitting Club 1:00 Card Bingo/Bocce	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 11:00 <b>Essex River Cruise</b> 11:00 Lucky Seven, Word Ball 11:30 Walking Club 12:00 Lunch 1:00 Casino/Trivia 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 10:30 <b>Watercolor Class</b> 11:00 Exercise "Baseball" 10:30 Reminiscing Group 12:00 Lunch 1:00 <b>Bocce @ Boulevard</b> 1:00 Bingo	9:00 Breakfast 10:15 Morning Stretches 10:30 <b>Rev. Grace Service</b> 10:30 Snack Group 11:30 Community Events 11:30 Walking Club 12:00 Lunch 1:00 Crafts/Reading Group/Board Games
9:00 Breakfast 10:15 Morning Stretches/Rosary 10:30 Movement Class For All 11:30 Community Events 11:30 Walking Club 12:00 Lunch 1:00 Bingo/Trivia 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 10:30 Creative Art Group 11:00 Exercise "Horseshoes" 11:30 Walking Club 12:00 <b>Lunch@CaptainCarlos</b> 12:00 Lunch 1:00 Pokeno/Bocce/Knitting	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 10:30 <b>Bowling Trip</b> 11:00 Exercise "Bowling" 11:30 Walking Club 12:00 Lunch 1:00 Password/ Trivia 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 10:30 Cooking Group 11:00 Exercise "Flip Chip" 11:30 Walking Club 12:00 Lunch 1:00 Card Bingo/Bocce 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 11:00 Exercise "Balloon Volleyball" 11:30 Walking Club 12:00 Lunch 1:00 Crafts/Reading Group/Board Games
9:00 Breakfast 10:15 Morning Stretches/Rosary 10:30 Movement Class For All 11:30 Community Events 11:30 Walking Club 12:00 Lunch 1:00 Card Bingo/Trivia 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 10:30 Creative Art Group 11:00 Exercise "Ping Pong Bounce" 11:30 Walking Club 12:00 Lunch 1:00 Bingo/Bocce/Knitting	9:00 Breakfast 10:15 Morning Stretches 10:30 <b>Music with Wendy</b> 11:30 Community Events 11:30 Walking Club 12:00 Lunch 1:00 Charades/Trivia 2:15 Afternoon Snack	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 10:30 Reminiscing Group 11:00 Exercise "HR Baseball" 11:30 Walking Club 12:00 <b>Picnic in The Park</b> 12:00 Lunch 1:00 Pokeno/Bocce	9:00 Breakfast 10:15 Morning Stretches 10:30 Community Events 11:00 Exercise "Indoor Golf" 11:30 Walking Club 12:00 Lunch 1:00 Crafts/Reading Group/Board Games 2:15 Afternoon Snack