



# SAMPLE ACTIVITIES CALENDAR

*Independent Living*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 A.M. Circuit Class	8:30 A.M. Balance Class	8:30 A.M. UT Nova	9:30 A.M. News and Views	9:00 A.M. Laughter Class
10:15 A.M. Strength Training	9:00 A.M. Chair Yoga	9:00 A.M. Flu Shots	10:00 A.M. Mahjong	10:00 A.M. Costco
10:30 A.M. Grilling with Nate	9:30 A.M. Aqua Fitness	11:30 A.M. Student Piano Recital	10:30 A.M. Card Games	11:00 A.M. Family Grief and Loss Support
1:00 P.M. Party Bridge	10:15 A.M. Mat Yoga	1:00 P.M. Scrabble	2:00 P.M. Resident Council Meeting	2:00 P.M. Fabulous Fridays
2:00 P.M. Zumba	4:00 P.M. Investment Roundtable	2:00 P.M. Poker	3:00 P.M. Happy Singers	4:00 P.M. Communion Offering
4:00 P.M. Play Reading	7:30 P.M. Evening Concert	4:00 P.M. Bible Study	4:30 P.M. Happy Hour	8:00 P.M. Friday Movie