



## Sample Calendar

### ACTIVITIES FOR SEPTEMBER 7<sup>TH</sup>-13<sup>TH</sup>

#### SMALL GROUP ACTIVITIES IN THE COMMUNITY ROOM

Please sign up. We'd love to see you!

- **MONDAY, HAPPY LABOR DAY!**
  
- **TUESDAY**
  - 11:00- Virtual Devotions through the book of I Peter. A special time.
  - 3:00- Candy bar Bingo, no coins necessary
  
- **WEDNESDAY**
  - 11:00- **RETURNING\*** Chef Chats. Come and talk with Culinary Director Ian. An insightful time.
  - 3:00- Ted Talks with Discussion Following, Come learn with us!
  
- **THURSDAY**
  - 11:00- Walk Around the Building, weather permitting
  - 1:30- **NEW\*\*\*** Outside Exercise with the YMCA Molly!  
Weather permitting. Alternate day is Friday. She's back!
  - 3:00- **NEW\*\*\*** Virtual Reality Travelogue. Remember those View Masters from days of old? Well, similar look but a whole lot of a more real experience. Come travel with us!
  
- **FRIDAY**
  - 11:00- Walk Around the Building, weather permitting
  - 2:00 & 3:15-Social Hour I and Social Hour II

In apartment activities are on the back.

## **IN APARTMENT ACTIVITIES**

**"MY CHANNEL", 1-2, WHICH IS 1 DASH 2 ON YOUR  
WHITE DIRECT TV REMOTE**

### **❖ MONDAY**

- 9:30- Priority One Exercises
- 1:30- "So Happy Together" Exercise Sprint
- 2:00- Activity Sheet(s) Cart
- 6:30- "Try Not to Laugh" Ultimate Funny Dog Compilation

### **❖ TUESDAY**

- 9:30- Hasfit Standing and Seated Chair Exercises
- 1:30- "Can't Stop That Feeling" Exercise Sprint
- 6:30- Funny Domestic and Wild Animals Videos

### **❖ WEDNESDAY**

- 9:30- Priority One Exercises
- 1:30- "Stop in the Name of Love" Exercise Sprint
- 2:00- Cookie Cart
- 6:30- Funny Parrot Video Compilation

### **❖ THURSDAY**

- 9:30- Hasfit Seated and Standing Chair Exercises
- 1:30- "I Hope You Dance" Exercise Sprint
- 2:00- Devotion Cart
- 6:30- Cute and Funny Horse Videos

### **❖ FRIDAY**

- 9:30- Priority One Exercises
- 1:30- "Living on the Corner of Joy and Love" Exercise Sprint
- 6:30- "Enemy or Friend" Funny Cats and Dogs Videos

### **❖ SATURDAY**

- 9:30- Hasfit Standing and Seated Chair Exercises
- 1:30- "Feeling Forever Young" Exercise Sprint
- 6:30- Funny Wild and Friendly Animal Videos

### **❖ SUNDAY**

- 10:30- Ebenezer's Pastor Chris Beckman Worship Service
- 11:30- Greatest Hymns of All Times
- 3:00- The Lawrence Welk Show, "Vacation Songs"
- 6:30- "Dogs and Laughter" Videos