






# SAMPLE WEEKLY ACTIVITY CALENDAR

## SUNDAY

-  9:30 AM – Daily News & Coffee
-  9:30 AM – Sunday School with Brookwood Baptist
-  10:30 AM – Worship with Brookwood Baptist
-  10:30 AM – Exercise with Sharon
-  2:30 PM – Group Puzzles
-  3:30 PM – Walking Club

## MONDAY

-  9:30 AM – News Headlines & Coffee
-  10:30 AM – Moving to the Music
-  1:30 PM – Bingo
-  3:30 PM – Happy Hour
-  6:30 PM – Card Games

## TUESDAY

-  9:30 AM – Neighborhood Buzz & Coffee
-  10:30 AM – Exercise with Enhabit Home Health
-  1:30 PM – Classic Film & Popcorn
-  3:30 PM – Trivia Tuesday
-  3:30 PM – Happy Hour







## WEDNESDAY

-  9:30 AM – News & Coffee
-  10:30 AM – Functional Fitness
-  10:30 AM – Group Bus Outings
-  1:30 PM – Resident Council
-  3:30 PM – Wine Wednesday





## THURSDAY

-  9:30 AM – Current Events & Coffee
-  10:30 AM – Silver Sneakers
-  1:30 PM – Newly Released Movie & Popcorn
-  3:30 PM – Thirsty Thursday Cocktails

## FRIDAY

-  9:30 AM – Good Morning Bulletin
-  10:30 AM – Exercise with Sharon
-  1:30 PM – Bingo
-  3:30 PM – Quizzes for U
-  3:30 PM – Happy Hour
-  6:30 PM – Mexican Train Dominoes

## SATURDAY

-  9:30 AM – Citizens Updates
-  10:30 AM – Sit to Be Fit
-  2:00 PM – Monopoly
-  3:30 PM – Shake, Rattle & Stroll

