

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> Physical Emotional Spiritual Environmental Creative Arts Social Intellectual Purposeful 						
	Prayer Group Meets Daily at 9:00 AM Walking Club Meets Daily at 1:30 PM				1 9:30 Yoga and Meditation 10:15 Coffee Club Meets 11:00 What Am I? 2:00 Decorating Committee 6:00 Evening Devotions	2 9:30 Walking Club 10:15 Saturday Social 11:00 Bible Study 2:00 Theatre Club Meets 3:30 Scrabble Club 6:00 Saturday Mass
3	4	5	6	7	8	9
9:30 Mini Golf 10:15 Creative Writing 11:00 Jeopardy 2:00 Church Service 3:30 Nature Series 6:00 Puzzle Club	9:30 Chair Cardio 10:15 Mindfulness Mondays 11:00 Name that Candy 2:00 Baking Club 3:30 Name the Nature Sound 6:00 Wacky Wordies	9:30 Yoga and Meditation 10:15 Book Club 11:00 Trivia with Tom 2:00 Flower Arranging 3:30 Volunteer Ceremony 6:00 Word Contest	9:30 Cornhole Tournament 10:15 Love on a Leash Visits 11:00 Bingo 2:00 Resident Volunteer Meeting 3:30 Scenic Drive 6:00 Movie Night	9:30 Dance Fitness 10:15 Craft: Floral Wreath 11:00 Family Feud 2:00 Cookies for Cops 3:30 Delivering Cookies to Police 6:00 Bridge Club	9:30 Yoga and Meditation 10:15 Making Lemon Bars 11:00 Bingo 2:00 Lemon Day Party 3:30 Grow A Lemon Tree 6:00 Evening Devotions	9:30 Walking Club 10:15 Saturday Social 11:00 Bible Study 2:00 Theatre Club Meets 3:30 Scrabble Club 6:00 Saturday Mass
10	11	12	13	14	15	16
9:30 Volleyball 10:15 Painting for Beginners 11:00 This or That Trivia 2:00 Church Service 3:30 Nature Series: Apiary 6:00 Movie with Friends	9:30 Chair Cardio 10:15 Mindfulness Mondays 11:00 Twisted Word Games 2:00 Karaoke Party 3:30 Shuffleboard 6:00 Men's Poker Club 6:00 Lady's Tea Social	9:30 Yoga and Meditation 10:15 Book Club 11:00 Wheel of Fortune: 2:00 Blankets for Homeless 3:30 Making Clay Coffee Mugs 6:00 Word Contest	9:30 Bowling Club 10:15 Cards for Kids 11:00 Bingo 2:00 Shopping at Aldi 3:30 Rummikub 6:00 Movie Night	9:30 Dance Fitness 10:15 Poetry Club 11:00 Word Scramble 2:00 Baking: Cookies 3:30 Craft: Making Soap 6:00 Bridge Club	9:30 Yoga and Meditation 10:15 Board Game Club 11:00 Bingo 2:00 Making Cheesy Snacks 3:30 Cheese Party/ Photo Booth 6:00 Movie Night: "Mouse Hunt" 6:00 Evening Devotions	9:30 Walking Club 10:15 Saturday Social 11:00 Bible Study 2:00 Theatre Club Meets 3:30 Scrabble Club 6:00 Saturday Mass
17	18	19	20	21	22	23
9:30 Bean Bag Twister 10:15 Drawing For Beginners 11:00 Famous Faces 2:00 Church Service 3:30 Nature Series: Ocean 6:00 Puzzle Club	9:30 Chair Cardio 10:15 Mindfulness Mondays 11:00 Armchair Travels: Peru 2:00 Making Dog Toys 3:30 Penny Ante 6:00 Lifetime Learning Lecture	9:30 Yoga and Meditation 10:15 Book Club 11:00 History of the Redwoods 2:00 Activity Committee 3:30 UNO 6:00 Word Contest	9:30 Cornhole Tournament 10:15 Love on a Leash Visits 11:00 Bingo 12:15 Lunch at Olive Garden 2:00 Resident Council 6:00 Movie Night	9:30 Dance Fitness 10:15 Banner Contest 11:00 Name that Team 2:00 Free Throw Shootout 3:30 Basketball Party 6:00 Bridge Club	9:30 Yoga and Meditation 10:15 Piano & Painting 11:00 Bingo 2:00 Cards for Caregivers 3:30 Bead Art 5:00 Family Mystery Dinner Party 6:00 Evening Devotions	9:30 Walking Club 10:15 Saturday Social 11:00 Bible Study 12:00 Men's Lunch Group 2:00 Theatre Club Meets 3:30 Scrabble Club 6:00 Saturday Mass
24	25	26	27	28	29	30
9:30 Minute to Win It Games 10:15 Sing with Sue 11:00 Dice Club 2:00 Church Service 3:30 Nature Series: Rainforest 6:00 Movie with Friends	9:30 Chair Cardio 10:15 Mindfulness Mondays 11:00 Did you Know? 2:00 Bingo Store 3:30 Euchre 6:00 Adult Coloring Art Contest	9:30 Yoga and Meditation 10:15 Book Club 11:00 Making Eggnog 2:00 Scrapbooking Club 3:30 Indoor Herb Gardens 6:00 Word Contest	9:30 Bowling Club 10:15 Hymns with Hank 11:00 Bingo 2:00 Trip to City Museum 6:00 Movie Night	9:30 Dance Fitness 10:15 Music with Bill 11:00 Who Am I? 2:00 Crochet Club 3:30 Rummikub 6:00 Bridge Club	9:30 Yoga and Meditation 10:15 Jewelry Making 11:00 Bingo 2:00 Drumming Hour 3:30 Happy Hour With Music 6:00 Evening Devotions	9:30 Walking Club 10:15 Saturday Social 11:00 Bible Study 2:00 Creative Writing 3:30 Scrabble Club 6:00 Saturday Mass