

Assisted Living* Weekly Activity Calendar

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	Spiritual Services	Exercise	Exercise	Exercise	Exercise	Exercise	Coffee/Trivia
11:00 AM	Coffee & Donuts	This Day in History	Morning Social	Morning Social	Memoirs Series	Famous Buildings & Structures	Exercise
11:00 AM	Shuffle Board	Brain Teasers	History Group	Movie Time	Outside Strolls	Exporing Places	Discussion Group
2:00 PM	Outside Strolls	Sit & Be Fit	Nature Walk	Guided Meditation	Nature Walk	Sit & Be Fit	Word Games
2:00 PM	Globe Trotters Club	Jeopardy	Sing-a-Long	History Group	Wii Bowling	Reminiscing Group	Crossword
3:30 PM	Question Quest Group	Happy Hour	Facts	Riddles	Sing-a-Long	Question Quest Group	Wii Bowling
3:30 PM	Current Events	Word Games	Sing-a-Long	History Group	Question Quest Group	Outside Strolls	Movie Time

Please note: This is a sample calendar. All activities are representative.



*Assisted Care in Massachusetts; Personal Care at Maris Grove.