

# Assisted Living\* Weekly Activity Calendar

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