



ACTIVITIES (Sample 2022)

All activities are subject to change...

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
1 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) 6:00 Classic Concert DVD	2 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Music Sing-Along 6:00 Classic Concert DVD	3 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Wayne on Saxophone 3:00 Team Scrabble 6:00 Classic Concert DVD	4 9:00 - 3:30 Beauty Salon 10:00 Exercise w/Diane 10:30 Morning Coffee 1:00 Board Games 3:00 Jeopardy w/Mandy 3:30 Piano with Dick Alberini 6:00 Classic Concert DVD	5 10:00 Relaxing Video 10:30 Morning Coffee 10:50 Relaxation Exercise 1:00 Therapy Dog Visit 2:00 Dining Room Council 3:00 Gary on Guitar 6:00 Classic Concert DVD	6 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Sonja on Guitar 6:00 Classic Concert DVD	7 10:30 Morning Coffee 1:00 Creative Coloring Club 3:00 Nature TV 6:00 Classic Concert DVD
8 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) 6:00 Classic Concert DVD	9 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Music Sing-Along 6:00 Classic Concert DVD	10 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Music (In person, On Skype, or Special Concerts on DVD) 3:00 Team Scrabble 6:00 Classic Concert DVD	11 9:00 - 3:30 Beauty Salon 10:00 Exercise w/Diane 10:30 Morning Coffee 1:00 Board Games 3:00 Jeopardy w/Mandy 3:30 Piano with Dick Alberini 6:00 Classic Concert DVD	12 10:00 Relaxing Video 10:30 Morning Coffee 10:50 Relaxation Exercise 1:00 Art 3:00 Gary on Guitar 6:00 Classic Concert DVD	13 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Concert/Black Woods 6:00 Classic Concert DVD	14 10:30 Morning Coffee 1:00 Creative Coloring Club 3:00 TV Classics 6:00 Classic Concert DVD
15 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) 6:00 Classic Concert DVD	16 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Music Sing-Along 6:00 Classic Concert DVD	17 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Wayne on Saxophone 3:00 Team Scrabble 6:00 Classic Concert DVD	18 9:00 - 3:30 Beauty Salon 10:00 Exercise w/Diane 10:30 Morning Coffee 1:00 Board Games 3:00 Jeopardy w/Mandy 3:30 Piano with Dick Alberini 6:00 Classic Concert DVD	19 10:00 Relaxing Video 10:30 Morning Coffee 10:50 Relaxation Exercise 1:30 Gratitude Circle 3:00 Gary on Guitar 6:00 Classic Concert DVD	20 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Sonja on Guitar 6:00 Classic Concert DVD	21 10:30 Morning Coffee 1:00 Creative Coloring Club 3:00 Nature TV 6:00 Classic Concert DVD
22 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) 6:00 Classic Concert DVD	23 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Music Sing-Along 6:00 Classic Concert DVD	24 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Music (In person, On Skype, or Special Concerts on DVD) 3:00 Team Scrabble 6:00 Classic Concert DVD	25 Birthday Bash 9:00 - 3:30 Beauty Salon 10:00 Exercise w/Diane 10:30 Morning Coffee 1:00 Board Games 3:30 Piano with Dick Alberini 6:00 Classic Concert DVD	26 10:00 Relaxing Video 10:30 Morning Coffee 10:50 Relaxation Exercise 1:00 Art 3:00 Gary on Guitar 6:00 Classic Concert DVD	27 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Music (In person or Special Concerts on DVD) 6:00 Classic Concert DVD	28 10:30 Morning Coffee 1:00 Creative Coloring Club 3:00 TV Classics 6:00 Classic Concert DVD
29 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) 6:00 Classic Concert DVD	30 10:00 Board Games 10:30 Morning Coffee 1:30 Bingo 3:00 Music Sing-Along 6:00 Classic Concert DVD	31 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Rachael on Guitar 3:00 Team Scrabble 6:00 Classic Concert DVD			Plus: 1) Avid Readers Club (Every 3 weeks with the Littleton Public Library) 2) Littleton Eye Care Visits (Every other month) 3) Gardening Club (In Spring and when needed)	