



ACTIVITIES (Sample 2023)

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) | 2 10:00 Chair Exercise 10:30 Morning Coffee 1:30 Bingo 3:00 Music (Live, Special Concert on DVD, or Sing-Along) | 3 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Wayne on Saxophone 3:00 Team Scrabble | 4 9:00 - 3:30 Beauty Salon 10:00 Exercise w/Diane 10:30 Morning Coffee 1:00 Games & Cards 3:00 Jeopardy w/Mandy 3:30 Piano with Dick Alberini | 5 10:00 Relaxing Video 10:30 Morning Coffee 1:30 Word Games 3:00 Gary on Guitar | 6 10:00 Games & Cards 10:30 Morning Coffee 1:30 Bingo 3:00 Music (Live or Special Concert on DVD) | 7 10:30 Morning Coffee 1:00 Creative Coloring Club 3:00 Varies/on DVD: Nature TV, Special Concert, TV Classics, Passport Presentation |
| 8 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) | 9 10:00 Chair Exercise 10:30 Morning Coffee 1:30 Bingo 3:00 Music (Live, Special Concert on DVD, or Sing-Along) | 10 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Reed on Guitar 3:00 Team Scrabble | 11 9:00 - 3:30 Beauty Salon 10:00 Exercise w/Diane 10:30 Morning Coffee 1:00 Games & Cards 3:00 Jeopardy w/Mandy 3:30 Piano with Dick Alberini | 12 10:00 Relaxing Video 10:30 Morning Coffee 10:50 Relaxation Exercise 1:00 Art 3:00 Gary on Guitar | 13 10:00 Games & Cards 10:30 Morning Coffee 1:30 Bingo 3:00 Music (Live or Special Concert on DVD) | 14 10:30 Morning Coffee 1:00 Creative Coloring Club 3:00 Varies/on DVD: Nature TV, Special Concert, TV Classics, Passport Presentation |
| 15 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) | 16 10:00 Chair Exercise 10:30 Morning Coffee 1:30 Bingo 3:00 (Live, Special Concert on DVD, or Sing-Along) | 17 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Wayne on Saxophone 3:00 Team Scrabble | 18 9:00 - 3:30 Beauty Salon 10:00 Exercise w/Diane 10:30 Morning Coffee 1:00 Games & Cards 3:00 Jeopardy w/Mandy 3:30 Piano with Dick Alberini | 19 10:00 Relaxing Video 10:30 Morning Coffee 1:30 Gratitude Circle 3:00 Gary on Guitar | 20 10:00 Games & Cards 10:30 Morning Coffee 1:30 Bingo 3:00 Music (Live or Special Concert on DVD) | 21 10:30 Morning Coffee 1:00 Creative Coloring Club 3:00 Varies/on DVD: Nature TV, Special Concert, TV Classics, Passport Presentation |
| 22 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) | 23 10:00 Chair Exercise 10:30 Morning Coffee 1:30 Bingo 3:00 (Live, Special Concert on DVD, or Sing-Along) | 24 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Barry on Guitar 3:00 Team Scrabble | 25 Birthday Bash 9:00 - 3:30 Beauty Salon 10:00 Exercise w/Diane 10:30 Morning Coffee 1:00 Games & Cards 3:30 Piano with Dick Alberini | 26 10:00 Relaxing Video 10:30 Morning Coffee 10:50 Relaxation Exercise 1:00 Art 3:00 Gary on Guitar | 27 10:00 Games & Cards 10:30 Morning Coffee 1:30 Bingo 3:00 Music (Live or Special Concert on DVD) | 28 10:30 Morning Coffee 1:00 Creative Coloring Club 3:00 Varies/on DVD: Nature TV, Special Concert, TV Classics, Passport Presentation |
| 29 10:30 Morning Coffee 2:00 Matinee of a Classic Movie or Musical (TBA) | 30 10:00 Chair Exercise 10:30 Morning Coffee 1:30 Bingo 3:00 Music (See above for Mondays) | 31 10:00 Chair Yoga w/Meggen 10:30 Morning Coffee 1:00 Music (Live or Special Concert on DVD) 3:00 Team Scrabble | | | Plus: 1) Avid Readers Club (Every 3 weeks with the Littleton Public Library, Year-round) 2) Gardening Club (In Spring and when needed) 3) Special Seasonal Events & Presentations (Year-round) | |

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