Feb-26

Adult Wellness Program Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr
10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft
10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics
11:30 Trivia	11:30 Trivia	11:30 Trivia	11:30 Trivia	11:30 Trivia
12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH
12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints
1:15 Bingo	1:15 Bingo	1:15 Bingo	1:15 Bingo	1:15 Bingo
2:15 Snack	2:15 Snack	2:15 Snack	2:15 Snack	2:15 Snack
2:30 Group Activity	2:30 Group Activity	2:30 Group Activity	2:30 Group Activity	2:30 Group Activity
3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity
4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing
9	10	11	12	13
9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr
10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft
10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics
11:30 Trivia	11:30 Trivia	11:30 Trivia	11:30 Trivia	11:30 Trivia
12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH
12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints
1:15 Bingo	1:15 Bingo	1:15 Bingo	1:15 Bingo	1:15 Bingo
2:15 Snack	2:15 Snack	2:15 Snack	2:15 Snack	2:15 Snack
2:30 Group Activity	2:30 Group Activity	2:30 Group Activity	2:30 Group Activity	2:30 Group Activity
3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity
4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing
16	17	18	19	20
9:00 Coffee & Social Hr.	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr
10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft
10:30 Seated Aerobics.	10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics
11:30 Trivia.	11:30 Trivia	11:30 Trivia	11:30 Trivia	11:30 Trivia
12:00 LUNCH.	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH
12:30 Powerpoints.	12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints
1:15 Bingo	1:15 Bingo	1:15 Bingo	1:15 Bingo	1:15 Bingo
2:15 Snack.	2:15 Snack	2:15 Snack	2:15 Snack	2:15 Snack
2:30 Group Activity.	2:30 Group Activity	2:30 Group Activity	2:30 Group Activity	2:30 Group Activity
3:00 Cognitive Activity.	3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity
4:00 Reminiscing.	4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing
23	24	25	26	27
9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr	9:00 Coffee & Social Hr
10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft	10:00 Table Games & Craft
10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics	10:30 Seated Aerobics
11:30 Trivia	11:30 Trivia	11:30 Trivia	11:30 Trivia	11:30 Trivia
12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH
12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints	12:30 Powerpoints
1:15 Bingo	1:15 Bingo	1:15 Bingo	1:15 Bingo	1:15 Bingo
2:15 Snack	2:15 Snack	2:15 Snack	2:15 Snack	2:15 Snack
2:30 Group Activity	2:30 Group Activity	2:30 Group Activity	2:30 Group Activity	2:30 Group Activity
3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity	3:00 Cognitive Activity
4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing	4:00 Reminiscing