Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		You	rkshire Village Ictivities Calendar 2024	Thursday Walk 10:00 Hydration and snacks 10:30 Leg Workouts	8:30 Friday Fun Walk 10:00 Hydration and snacks 10:30 Follow the Leader 1:30 Sand and Shell Art Project 2:30 Chair Yoga 3:00 Hydration and snacks 3:00 The best of Elvis 4:00 Tubi Marathon	8:30 Bubble Walk Saturdays 10:00 Hydration and snacks 10:30 Strech Bands 1:30 BINGO 2:30 Watermelon Planters 3:00 Hydration, Snacks 3:00 Smooth Country 4:00 Netflix and Chill Happy Birthday Saundra D. National Watermelon Day
9:30 Praise and Worship 10:00 Hydration and snacks 10:30 Chair Yoga Outdoors 1:30 BINGO 2:30 Sing and dance with me 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Movie Hour	10:00 Hydration and snacks 10:00 Set your appointments 10:30 Puzzles and Games 1:30 Bingo 2:30 Social Hour 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Movie Hour	8:30 Strolling Tuesdays 10:00 Hydration and snacks 10:30 Nail Appointments 1:30 Button Hot Balloon Project 2:30 Chef Demo Root Beer Floats 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Netflix and Chill	10:00 Hydration and snacks 10:00 Melodys w/ Paula 10:30 Tic-Tac-Toe 1:30 BINGO 2:30 Hand and Arm Massages 3:00 Hydration and snacks 3:00 Spanish Music 4:00 Movie Hour	8:30 Sole Searching Thursday Walk 10:00 Hydration and snacks 10:30 Stretches 1:30 Exercising Classes 2:30 Meditation 3:00 Hydration, Snacks 3:00 Rocking the 60"s 4:00 Netflix and chill	8:30 Friday Fun Walk 10:00 Hydration and snacks 10:30 Color w/ me 1:30 BINGO 2:30 Neck Massages 3:00 Hydration, Snacks 3:00 Smooth Country 4:00 Netflix and Chill Happy Birthday Vance M. Happy Birthday Richard S.	8:30 Bubble Walk Saturdays 10:00 Hydration and snacks 10:30 Weightlifting 1:30 Exercising Classes 2:30 Breathing Exercising 3:00 Hydration, Snacks 3:00 Jazz 4:00 Movie of choice
8:30 Sunday Morning Walk 9:30 Praise and Worship 10:00 Hydration and snacks 10:30 Sand Sensory Time 1:30 Bingo 2:30 Sit to Stand Exercises 3:00 Hydration, Snacks & Music 4:00 Movie Hour Happy Birthday Sandra L. Play in The Sand Day	8:30 Monday Scavenger Walk 10:00 Hydration and snacks 10:00 Set your appointments 11:00 Puzzles 12:00 Home Runs and Hotdogs 1:30 Connect four 2:30 Social Hour 3:00 Hydration, Snacks & Music 4:00 Movie Hour	8:30 Strolling Tuesdays 10:00 Hydration and snacks 10:30 Nail Appointments 1:30 BINGO 2:30 Exercising Classes 3:00 Hydration, Snacks 3:00 Dance to the 70s 4:00 Netflix and Chill	8:30 Wild Walk Wednesdays 10:00 Hydration and snacks 10:00 Melodys w/ Paula 12:00 Jammin w/ Jimmy Lee 12:30-1:30 Kona Ice 1:30 Rock Painting Classes 2:30 Puzzles and Games 3:00 Hydration, Snacks 3:00 The Best of Elvis 4:00 Movie Hour	8:30 Sole Searching Thursday Walk 10:00 Hydration and snacks 10:30 Leg Workouts 1:30 BINGO 2:30 Chair Yoga 3:00 Hydration, Snacks 3:00 Jazz Music 4:00 Tubi Marathon	8:30 Friday Fun Walk 10:00 Hydration and snacks 10:30 Color w/ me 1:30 Board Games 2:30 Neck Massages 3:00 Hydration, Snacks 3:00 Smooth Country 4:00 Movie of Choice Happy Birthday Gail A.	8:30 Bubble Walk Saturdays 10:00 Hydration and snacks 10:30 Strech Bands 1:30 BINGO 2:30 Pedal Bikes 3:00 Hydration, Snacks 3:00 Smooth Soul Music 4:00 Netflix and Chill
8:30 Sunday Morning Walk 9:30 Praise and Worship 10:00 Hydration and snacks 10:30 Chair Yoga Outdoors 1:30 BINGO 2:30 Sing and dance with me 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Movie Hour	8:30 Monday Scavenger Walk 10:00 Hydration and snacks 10:00 Set your appointments 11:00 Puzzles 1:30 Connect four 2:30 Social Hour 3:00 Hydration, Snacks & Music 4:00 Movie Hour Happy Birthday Nina H.	8:30 Strolling Tuesdays 10:00 Hydration and snacks 10:30 Nail Appointments 1:30 BINGO 2:30 Cool Down Meditation 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Netflix and Chill	8:30 Wild Walk Wednesdays 10:00 Hydration and snacks 10:00 Melodys w/ Paula 1:30 Let's make I'm Proud to be a senior citizen badge 2:30 Puzzles and Games 3:00 Hydration, Snacks 3:00 The Best of Elvis 4:00 Movie Hour	8:30 Sole Searching Thursday Walk 10:00 Hydration and snacks 10:30 Leg Workouts 1:30 BINGO 2:30 Chair Yoga 3:00 Hydration, Snacks 3:00 Jazz Music 4:00 Tubi Marathon	8:30 Friday Fun Walk 10:00 Hydration and snacks 10:30 Building Blocks 1:30 Rock Painting Classes 2:30 Chair Yoga 3:00 Hydration, Snacks 3:00 Music from the 70"s 4:00 Netflix and Chill	8:30 Bubble Walk Saturdays 10:00 Hydration and snacks 10:30 Strech Bands 1:30 BINGO 2:30 Pedal Bikes 3:00 Hydration, Snacks 3:00 Smooth Country 4:00 Netflix and Chill Happy Birthday Elias M. Shooting Star Day
	2.2.2	8:30 Strolling Tuesdays 10:00 Hydration and snacks 10:30 Nail Appointments 1:30 BINGO 2:30 Exercise Classes 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Netflix and Chill	,	8:30 Sole Searching Thursday Walk 10:00 Hydration and snacks 10:30 Leg workouts 12:00 Residents Birthday Celebration 1:30 Residents Council Meeting 2:30 Exercising Class 3:00 Hydration, Snacks & Music 4:00 Movie Hour	8:30 Friday Fun Walk 10:00 Hydration and snacks 10:30 Color w/ me 1:30 BINGO 2:30 Hand Exercises 3:00 Hydration, Snacks 3:00 Smooth Country 4:00 Netflix and Chill National Beach Day	8:30 Bubble Walk Saturdays 10:00 Hydration and snacks 10:30 Strech Bands 1:30 Meditation 2:30 Pedal Bikes 3:00 Hydration, Snacks 3:00 Smooth Country 4:00 Netflix and Chill