

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30 Sunday Morning Walk <b>9:30 Praise and Worship</b> 10:00 Hydration and snacks 10:30 Chair Yoga Outdoors 1:30 BINGO 2:30 Arm Band Exercises 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Movie Hour Wear your football jerseys every Sunday	8:30 Monday Scavenger Walk 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 from the 80's 4:00 Netflix and Chill	8:30 Strolling Tuesdays 10:00 Hydration and snacks 10:30 Nail Appointments 1:30 Rock Painting 2:30 Let's talk about current events 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Tubi TV	8:30 Wild Walk Wednesdays 10:00 Hydration and snacks <b>10:00 Melodies w/Paula</b> 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 <b>2:30 Bible Study and Worship w/Kathleen</b> 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 Blocks and Puzzles 1:30 BINGO 2:30 Neck Massages 3:00 Hydration, Snacks 3:00 Smooth Country 4:00 Tubi TV	8:30 Bubble Walk Saturdays 10:00 Hydration and snacks 10:30 Weightlifting 1:30 Exercising Classes <b>2:30 Bros and Brews</b> 3:00 Hydration, Snacks 3:00 Jazz 4:00 Movie of Choice	
8:30 Sunday Morning Walk <b>9:30 Praise and Worship</b> 10:00 Hydration and snacks 10:00 Football Game/ Snacks 1:30 BINGO 2:30 Workout to the music 3:00 Hydration, Snacks <b>3:00 Treats w/ C &amp; D</b> 4:00 Movie Hou  Grandparents Day Assisted Living Day	8:30 Monday Scavenger Walk 10:00 Hydration and snacks 10:00 Set your appointments 10:30 Puzzles and Games 1:30 Bingo 2:30 Room Visits 3:00 Hydration, Snacks 3:00 Smooth Jazz 4:00 Netflix and Chill	8:30 Strolling Tuesdays 10:00 Hydration and snacks 10:30 Nail Appointments 1:30 Clay Art <b>2:30 Chef Demo Ants on a Log</b> 3:00 Hydration, Snacks 3:00 Country Music 4:00 Tubi TV	8:30 Wild Walk Wednesdays 10:00 Hydration and snacks <b>10:00 Melodies w/Paula</b> 10:30 Bowling Indoors <b>12:00 Jammin' w/ Jimmy Lee</b> 1:30 BINGO 2:30 Hand and Arm Massages 3:00 Hydration and snacks 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 Positive Vibes Only 1:30 BINGO 2:30 Arm Stretches 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 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 <b>9:30 Praise and Worship</b> 10:00 Hydration and snacks 10:30 Chair Yoga Outdoors 1:30 BINGO 2:30 Arm Band Exercises 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Movie Hour  Make a Hat Day	8:30 Monday Scavenger Walk 10:00 Hydration and snacks 10:00 Set your appointments 10:30 Color w/me 1:30 Bingo 2:30 Social Hour 3:00 Hydration, Snacks 3:00 Meditation Music 4:00 Netflix and Chill	8:30 Strolling Tuesdays 10:00 Hydration and snacks 10:30 Nail Appointments 1:30 Rock Painting 2:30 Let's talk about current events 3:00 Hydration, Snacks 3:00 Meditational Music 4:00 Tubi TV	8:30 Wild Walk Wednesdays 10:00 Hydration and snacks <b>10:00 Melodies w/Paula</b> 10:30 Shoot the Hoops 1:30 BINGO 2:30 Hand and Arm Massages 3:00 Hydration and snacks 3:00 Music of choice 4:00 Movie Hour	8:30 Sole Searching Thursday Walk 10:00 Hydration and snacks 10:30 Stretches <b>12:30 Residents Birthday Celebration</b> <b>1:30 Resident Council Meeting</b> 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 Blocks and puzzles 1:30 BINGO 2:30 Neck Massages 3:00 Hydration, Snacks 3:00 Soulful Music 4:00 Tubi TV	8:30 Bubble Walk Saturdays 10:00 Hydration and snacks 10:30 Weightlifting 1:30 Exercising Classes <b>2:30 Apple Slices w/ Dips</b> 3:00 Hydration, Snacks 3:00 Jazz 4:00 Movie of Choice	
8:30 Sunday Morning Walk <b>9:30 Praise and Worship</b> 10:00 Hydration and snacks 10:00 Football Game/ Snacks 1:30 BINGO 2:30 Workout to the music 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 10:30 Color w/me 1:30 Bingo 2:30 Room Visits 3:00 Hydration, Snacks 3:00 Music from the 60's 4:00 Netflix and Chill	8:30 Strolling Tuesdays 10:00 Hydration and snacks 10:30 Nail Appointments 1:30 Clay Art 2:30 Let's talk about current events 3:00 Hydration, Snacks 3:00 Soulful Music 4:00 Tubi TV	8:30 Wild Walk Wednesdays 10:00 Hydration and snacks <b>10:00 Melodies w/Paula</b> 10:30 Tic-Tac-Toe 1:30 BINGO <b>2:30 Let's Write a Love Note</b> 3:00 Hydration and snacks 4:00 Movie Hour	8:30 Sole Searching Thursday Walk 10:00 Hydration and snacks 10:30 Room visits <b>11:30-2:30 Yorkshire Hoedown Event</b> 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	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 <b>9:30 Praise and Worship</b> 10:00 Hydration and snacks 10:30 Chair Yoga Outdoors 1:30 BINGO 2:30 Arm Band Exercises 3:00 Hydration, Snacks 3:00 Music of choice 4:00 Movie Hour  National Coffee Day	8:30 Monday Scavenger Walk 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 Soft Music 4:00 Netflix and Chill						

## Yorkshire September 2024 Activity Calendar