

# Sample Monthly ASSISTED LIVING Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>9:30a CHURCH TRANSPORTATION BEGINS (LOB) 10:00a TRAVEL VIDEO (AR) 11:00a VIDEO EXERCISE (AR) 2:00p MOVIE MATINEE (AR) 2:10p SCENIC TOUR (LOB) – <i>Saratoga</i> 7:00p RECITAL CONCERT</p>	<p><b>2</b></p> <p>10:00a WORD CHALLENGE with Betty (LR) 11:00a EXERCISE w/ Betty (LR) 2:00p ARTS &amp; CRAFTS w/Karen (HR) 3:15p BINGO with Betty (AR) 7:30p COMEDY MOVIE NIGHT (AR)</p>	<p><b>3</b></p> <p>10:00a CURRENT EVENTS With Wiek (AR) 11:15a TAI CHI with Michael (LR) <u>2:15p RESIDENT BIRTHDAY PARTY with Anna (LR)</u> <u>3:00p CERAMICS CLASS w/Clare (AR)</u> 3:30p RESIDENT STORE OPEN (RS) 7:30p **DEEANN'S CHOICE** MOVIE NIGHT (AR)</p>	<p><b>4</b></p> <p>9:00a to 11:00a FITNESS ROOM CONSULT with Moj (FR) 11:00a EXERCISE with Moj (AR) 2:00p LONG'S DRUGSTORE (LOB) 2:00p OUR CENTURY with Betsy (AR) <u>3:00p KAZOOKAS BAND PRACTICE (LR)</u> 3:15p BANK TRIP (LOB) 3:45p CHANGING GENERATIONS w/Ben (AR) 7:30p ACADEMY AWARD MOVIE (AR) 7:30p KNITTING w/Kim &amp; Anita (LR)</p>	<p><b>5</b></p> <p>10:00a STORY-TELLING (AR) 11:00a EXERCISE with Lynette (LR) <u>2:00p CONCERT– Karin Phoenix with Young at Heart (LR)</u> 3:15p ROOT BEER FLOAT SOCIAL HOUR (No activities this evening!)</p>	<p><b>6</b></p> <p>10:00a MUSIC APPRECIATION w/Tina (AR) 11:00a EXERCISE with Betty (LR) 1:45p WORLD TRAVEL w/Ben (AR) 3:15p BINGO w/Betty (AR) 7:30p ROMANTIC MOVIE (AR)</p>	<p><b>7</b> 9:30a SHOPPING TRIP/ SYNAGOGUE TRANSPORT (LOB) 10:00a EXERCISE (LR) 10:30a CONGREGATION KIDS' VISIT 11:00a EXERCISE w/Betty (LR) 2:00p BLACKJACK w/Betty (AR) 3:30p ARTS&amp; CRAFTS w/Betty (HR) 7:30p CLASSIC MOVIE NIGHT (AR)</p>
<p><b>8</b></p> <p>9:30a CHURCH TRANSPORTATION BEGINS (LOB) 10:00a TRAVEL VIDEO (AR) 11:00a VIDEO EXERCISE (AR) 2:00p MOVIE MATINEE (AR) 2:10p SCENIC TOUR (LOB) – <i>Palo Alto Neighborhoods</i> 7:30p DRAMATIC MOVIE NIGHT</p>	<p><b>9</b></p> <p>10:00a WORD CHALLENGE with Betty (LR) 11:00a EXERCISE w/ Betty (LR) <u>12:30p MOVIE OUTING (LOB)</u> 2:00p ARTS &amp; CRAFTS w/Karen (HR) 3:15p BINGO with Betty (AR) 7:30p COMEDY MOVIE NIGHT (AR)</p>	<p><b>10</b></p> <p>10:00a CURRENT EVENTS With Wiek (AR) 10:30a MENU COMMITTEE MEETING (HR) 11:15a TAI CHI with Michael (LR) <u>2:00p CONCERT– David Levin (LR)</u> 3:30p RESIDENT STORE OPEN (RS) 7:30p **DEEANN'S CHOICE** MOVIE NIGHT (AR)</p>	<p><b>11</b></p> <p>9:00a to 11:00a FITNESS ROOM CONSULT with Moj (FR) 11:00a EXERCISE with Moj (AR) 2:00p LONG'S DRUGSTORE (LOB) 2:00p OUR CENTURY with Betsy (AR) <u>3:00p KAZOOKAS BAND PRACTICE (LR)</u> 3:15p BANK TRIP (LOB) 3:45p CHANGING GENERATIONS w/Ben (AR) 7:30p ACADEMY AWARD MOVIE (AR) 7:30p KNITTING w/Kim &amp; Anita (LR)</p>	<p><b>12</b></p> <p>10:00a STORY-TELLING w/Wiek (AR) 11:00a EXERCISE with Deeann (LR) 1:30p WHEELCHAIR/WALKER CLEANING (Sign up at Front Desk!) <u>2:00p CONCERT- Elliot Nadel (LR)</u> <u>3:15p SPECIAL VIDEO: Planet Earth (Part 1) (AR)</u> 7:30p FOREIGN MOVIE NIGHT (AR)</p>	<p><b>13</b></p> <p>10:00a MUSIC APPRECIATION w/Tina (AR) 11:00a EXERCISE with Betty (LR) 1:30p LIBRARY OUTING 1:45p WORLD TRAVEL w/Ben 3:15p BINGO with Betty (AR) <u>4:15p SHABBAT PROGRAM (HR)</u> 7:30p ROMANTIC MOVIE (AR)</p>	<p><b>14</b></p> <p>9:30a SHOPPING TRIP/SYNAGOGUE TRANSPORT (LOB) 10:00a CROSSWORD PUZZLE (HR) 11:00a EXERCISE with Betty (LR) <u>2:00p JEOPARDY with Betty (AR)</u> 3:30p LIBRARY COMMITTEE MEETING (LIB) 7:30p CLASSIC MOVIE NIGHT (AR)</p>
<p><b>15</b></p> <p>9:30a CHURCH TRANSPORTATION BEGINS (LOB) 10:00a TRAVEL VIDEO (AR) 11:00a VIDEO EXERCISE (AR) 2:00p MOVIE MATINEE (AR) 2:10p SCENIC TOUR (LOB) – <i>Foster City/San Mateo Bridge</i> 7:30p DRAMATIC MOVIE NIGHT</p>	<p><b>16</b></p> <p>10:00a WORD CHALLENGE with Betty (LR) 11:00a EXERCISE w/ Betty (LR) 2:00p ARTS &amp; CRAFTS w/Karen (HR) 3:15p BINGO with Betty (AR) 7:30p COMEDY MOVIE NIGHT (AR)</p>	<p><b>17</b></p> <p>10:00a CURRENT EVENTS With Wiek (AR) 11:15a TAI CHI with Michael (LR) <u>2:00p RENA'S JEWISH PROGRAM</u> <u>3:00p CERAMICS CLASS w/Clare (AR)</u> 3:30p RESIDENT STORE OPEN (RS) 7:30p **DEEANN'S CHOICE** MOVIE NIGHT (AR)</p>	<p><b>18</b> 9:00a to 11:00a FITNESS ROOM CONSULT with Moj (FR) 11:00a EXERCISE with Moj (AR) 2:00p LONG'S DRUGSTORE (LOB) 2:00p OUR CENTURY with Betsy (AR) <u>3:00p KAZOOKAS BAND PRACTICE (LR)</u> 3:15p BANK TRIP (LOB) 3:45p CHANGING GENERATIONS w/Ben (AR) 7:30p ACADEMY AWARD MOVIE (AR) 7:30p KNITTING w/Kim &amp; Anita (LR)</p>	<p><b>19</b></p> <p>9:30a BLOOD PRESSURE and WEIGHTS (Last Name: A-M) 10:00a STORY-TELLING w/Wiek (AR) 11:00a EXERCISE with Lynette (LR) <u>2:00p CONCERT- Tibor &amp; Yelena (LR)</u> <u>3:00p BAKING GROUP w/Sherry</u> (No activities this evening!)</p>	<p><b>20</b> 9:30a BLOOD PRESSURE and WEIGHTS (Last Name: N-Z) 10:00a MUSIC APPRECIATION (AR) 11:00a EXERCISE with Betty (LR) 11:45a LUNCHEON OUTING- <i>Olive Garden Italian Restaurant</i> (LOB) 1:45p WORLD TRAVEL w/Ben (AR) 2:00p PURIM VOLUNTEER VISIT (HR) 3:15p BINGO with Betty (AR) 7:30p ROMANTIC MOVIE (AR)</p>	<p><b>21</b></p> <p>9:30a SHOPPING TRIP/SYNAGOGUE TRANSPORT (LOB) 10:00a CROSSWORD PUZZLE (HR) 10:30a CONGREGATION KIDS' VISIT (AR) 11:00a EXERCISE with Betty (LR) <u>2:00p WHEEL OF FORTUNE w/Bob &amp; Betty (AR)</u> <u>3:30p BAKING PRETZELS w/Betty</u> 7:30p CLASSIC MOVIE NIGHT (AR)</p>
<p><b>22</b></p> <p>9:30a CHURCH TRANSPORTATION BEGINS (LOB) 10:00a TRAVEL VIDEO (AR) 11:00a VIDEO EXERCISE (AR) 2:00p MOVIE MATINEE (AR) 2:10p SCENIC TOUR (LOB) – <i>Coyote Point</i> 7:30p DRAMATIC MOVIE NIGHT</p>	<p><b>23</b></p> <p>10:00a WORD CHALLENGE with Betty (LR) 11:00a EXERCISE w/ Betty (LR) 2:00p ARTS &amp; CRAFTS w/Karen (HR) 3:15p BINGO with Betty (AR) 7:30p COMEDY MOVIE NIGHT (AR)</p>	<p><b>24</b></p> <p>10:00a CURRENT EVENTS With Wiek (AR) 11:15a TAI CHI with Michael (LR) <u>2:00p BOOK CLUB MEETING (AR)</u> 3:30p RESIDENT STORE OPEN (RS) 7:30p **DEEANN'S CHOICE** MOVIE NIGHT (AR)</p>	<p><b>25</b> 9:00a to 11:00a FITNESS ROOM CONSULT with Moj (FR) 11:00a EXERCISE with Moj (AR) 2:00p LONG'S DRUGSTORE (LOB) 2:00p OUR CENTURY with Betsy (AR) <u>3:00p KAZOOKAS BAND PRACTICE (LR)</u> 3:15p BANK TRIP (LOB) 3:45p CHANGING GENERATIONS w/Ben (AR) 7:30p ACADEMY AWARD MOVIE (AR) 7:30p KNITTING w/Kim &amp; Anita (LR) <i>(Podiatrist Here Today)</i></p>	<p><b>20</b></p> <p>10:00a STORY-TELLING w/Wiek (AR) 11:00a EXERCISE with Lynette (LR) <u>2:15p RESIDENTS MEETING (DR)</u> <u>3:00p Special Presentation- FUN WITH CARTOONS w/Bob Deal (AR)</u> 7:30p FOREIGN MOVIE NIGHT (AR)</p>	<p><b>27</b></p> <p>10:00a MUSIC APPRECIATION w/Tina (AR) 11:00a EXERCISE with Betty (LR) 1:30p LIBRARY OUTING (LOB) 1:45p WORLD TRAVEL w/Ben (AR) 2:00p HOSPITALITY COMMITTEE MEETING (HR) 3:15p BINGO with Betty (AR) 7:30p ROMANTIC MOVIE (AR)</p>	<p><b>28</b></p> <p>9:30a SHOPPING TRIP/SYNAGOGUE TRANSPORT (LOB) 10:00a EXERCISE w/Betty (LR) <u>11:00a FIELD TRIP– Gamble Gardens (LOB)</u> <u>2:00p POKER HOUR w/Betty (AR)</u> <u>3:30p SING-ALONG w/Betty (AR)</u> 7:30p CLASSIC MOVIE NIGHT (AR)</p>
<p><b>33</b></p> <p>9:30a CHURCH TRANSPORTATION BEGINS (LOB) 10:00a TRAVEL VIDEO (AR) 11:00a VIDEO EXERCISE (AR) 2:00p MOVIE MATINEE (AR) 2:10p SCENIC TOUR (LOB) – <i>Lake Elizabeth (Fremont)</i> 7:30p DRAMATIC MOVIE NIGHT</p>	<p><b>30</b></p> <p>10:00a WORD CHALLENGE with Betty (LR) 11:00a EXERCISE w/ Betty (LR) 2:00p ARTS &amp; CRAFTS w/Karen (HR) 3:15p BINGO with Betty (AR) 7:30p COMEDY MOVIE NIGHT (AR)</p>	<p><b>31</b></p> <p>10:00a CURRENT EVENTS With Wiek (AR) 11:15a TAI CHI with Michael (LR) <u>2:00p CONCERT- Frank Meza (LR)</u> 3:30p RESIDENT STORE OPEN (RS) 7:30p **DEEANN'S CHOICE** MOVIE NIGHT (AR)</p>	<p style="text-align: center;"><b><u>ACTIVITIES LOCATION KEY</u></b></p> <p><b>LR</b> Living Room    <b>LIB</b> Library  <b>AR</b> Activity Room    <b>FR</b> Fitness Room  <b>HR</b> Hobby Room    <b>RS</b> Resident Store  <b>LOB</b> Sign up and Meet in Lobby</p>			