

# SAMPLE ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TRANSPORTATION TO LOCAL CHURCHES</b> 2:00 pm Ecumenical Service 3:00 pm Poker Game	9:00 am Exercise with Carmine 9:30 am Computer Club 10:00 am Yiddish Club 11:00 am Chair Exercise 1:30 pm Prof. Miriam Herman 7:00 pm Great Music	10:00 am Aqua Aerobics 10:30 pm Jewelry Making 10:30 am Chi Kung 1:00 pm Jewelry Making 1-2 pm Blood Pressure 1:30 pm Classical Pianist Daphne Spottiswoode 3:00 pm Bible Study 6:30 pm Duplicate Bridge	9:00 am Exercise with Carmine 9:45 am Trip to IKEA 11:00 am Core Aquatics 1-3 pm Complimentary Hearing Screening 2:00 pm "Good Grief" 3:00 pm In The News 7:00 pm Bingo	9:30 am Painting 10:00 am Aqua Aerobics 10:30 am Chi Kung 11:00 am Chair Exercise 1:30 pm National Day of Prayer Tribute 4:30 pm New Resident Social 7:15 pm Pianist Jonathan White and Singer Lesley McDonald	9:00 am Exercise with Carmine 10:00 am Current Events 11:00 am Core Aquatics 1:00 pm Chair Yoga 1:00 pm Songbirds 2:00 pm Victorian Tea Party 6:30 pm Duplicate Bridge	10:00 am Tap Dancing 10:00 am Rosary Service 1:30 pm Rummikub 5:00 pm Derby Viewing 7:15 pm Movie: <i>Casablanca</i>
<b>TRANSPORTATION TO LOCAL CHURCHES</b> 2:00 pm Ecumenical Service	9:00 am Exercise with Carmine 10:00 am Coffee 10:30 am Meeting 11:00 am Chair Exercise 1:30 pm Lecturer Myrna Goldberger	10:00 am Interfaith Dialogue 10:30 am Chi Kung 12:30 pm Arts & Crafts 1-2 pm Blood Pressure 1:30 pm Singer Nanci Suzanne 3:00 pm Bible Study 6:30 pm Duplicate Bridge	9:00 am Exercise with Carmine 10:00 am Bowling 11:00 am Core Aquatics 1:00 pm Story Writing 1:30 pm Mary Kay Demonstration 3:00 pm In The News 7:00 pm Bingo	10:00 am Aqua Aerobics 10 am-2 pm Jewels by Phyllis 10:30 am Chi Kung 11:00 am Chair Exercises 1:30 pm Dermatology Lecture 7:15 pm Musical Tribute to Jazz & Broadway with Hazel Phillips	9:00 am Exercise with Carmine 10:00 am Current Events 11:00 am Rosary Service 11:00 am Core Aquatics 1:00 pm Chair Yoga 1:00 pm Songbirds 7:15 pm Shabbat Sharing	9:00 am Bowling 10:00 am Tap Dancing 10:00 am Rosary Service 1:30 pm Rummikub 7:15 pm Movie: <i>The Fountainhead</i>
<b>TRANSPORTATION TO LOCAL CHURCHES</b> 9:00 am Bowling 2:00 pm Ecumenical Service 3:00 pm Poker Game 3:00 pm Sing-Along	9:00 am Exercise with Carmine 11:00 am Chair Exercise 11:30 am Introduction to Exercise 1:30 pm Opera Appreciation	10:00 am Aqua Aerobics 10 am-2 pm Premier Designs Jewelry Sale 10:30 am Chi Kung 1-2 pm Blood Pressure 1-3 pm Singer Tony March 3:00 pm Bible Study 6:30 pm Duplicate Bridge	9:00 am Exercise with Carmine 10:00 am Bowling 10:45 am Lunch Bunch goes to Gazebo Cafe in Jupiter 11:00 am Core Aquatics 1:00 pm Health Lecture: Fitness with Carmine 3:00 pm In The News 7:00 pm Bingo	9:30 am Painting 10:00 am Aqua Aerobics 10 am-2 pm Penny Lane Clothing Sale 10:30 am Chi Kung 11:00 am Chair Exercise 1:30 pm FLICRA Meeting 7:15 pm Singer Jimmy Chapel	9:00 am Exercise with Carmine 10:00 am Current Events 11:00 am Core Aquatics 1:00 pm Chair Yoga 1:00 pm Songbirds 2:00 pm Victorian Tea Party 6:30 pm Duplicate Bridge	10:00 am Tap Dancing 10:00 am Rosary Service 1:30 pm Rummikub 5:00 pm Derby Viewing 7:15 pm Movie: <i>Casablanca</i>
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