

Sample Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 a.m. Exercise Essentials	9:15 a.m. Silver Sneakers Exercise	10:00 a.m. Seated Yoga	9:15 a.m. Silver Sneakers Exercise	10:00 a.m. Music Meditation	9:15 a.m. Silver Sneakers Exercise	10:00 a.m. Knitting Club
10:15 a.m. Virtual Mass	10:30 a.m. Movie Showing	11:00 a.m. Politics & Headlines Discussion Group	10:30 a.m. Italian Cultural Learning	10:00 a.m. Zumba	10:00 a.m. Open Art Studio	10:00 a.m. Stretch & Flex
11:00 a.m. Meditation	10:30 a.m. Scrabble	1:30 p.m. Upper West Side Walking Club	11:00 a.m. Musician Spotlight	11:00 a.m. Painting	11:00 a.m. Jewelry Making	11:00 a.m. Morning News Round Up
11:00 a.m. Artist Lecture	11:00 a.m. Canasta	2:00 p.m. Painting	1:30 p.m. Upper West Side Walking Club	11:00 a.m. Politics & Headlines Discussion Group	11:00 a.m. MasterClass	11:00 a.m. Jewelry Making & Crafts
1:00 p.m. Eucharist & Blessing	1:30 p.m. Upper West Side Walking Club	2:00 p.m. Flower Arranging	1:45 p.m. Documentary Screening	1:30 p.m. Playwright Spotlight	1:30 p.m. Upper West Side Walking Club	1:00 p.m. Outing: Symphony
1:30 p.m. Upper West Side Walking Club	2:00 p.m. Sketching	3:00 p.m. Julliard Lecture	3:00 p.m. Billiards	3:00 p.m. Food Demo	1:30 p.m. Rummikub	1:30 p.m. Upper West Side Walking Club
2:00 p.m. Tea & Scones	2:30 p.m. Lecture Series	4:00 p.m. Resident Art Show	4:00 p.m. Happy Hour	2:00 p.m. Tea & Scones	2:00 p.m. Piano Concert	2:00 p.m. Met Opera Matinee
3:00 p.m. Live Singing	4:00 p.m. Happy Hour	4:00 p.m. Happy Hour	7:00 p.m. Evening Movie	3:00 p.m. Live Singing	3:00 p.m. Shabbat	3:00 p.m. Bingo
4:00 p.m. Happy Hour	7:00 p.m. Evening Movie	7:00 p.m. Evening Movie		4:00 p.m. Happy Hour	4:00 p.m. Happy Hour	4:00 p.m. Classics & Cocktails
7:00 p.m. Evening Movie				7:00 p.m. Evening Movie	7:00 p.m. Evening Movie	7:00 p.m. Evening Movie

Sample Activities Calendar

SUNDAY

10:00 a.m.
Exercise & Stretch

10:15 a.m.
Virtual Mass

10:30 a.m.
Daily Chronicle

11:00 a.m.
Match Game

11:30 a.m.
Church Service
Live-stream

1:00 p.m.
Eucharist
Blessing

2:00 p.m.
Passport Game

2:30 p.m.
Tabletop Activities
& Walking Club

3:00 p.m.
Live Singing

3:00 p.m.
Art Therapy

3:30 p.m.
Social Hour

4:00 p.m.
Word Roulette

MONDAY

10:00 a.m.
Exercise & Stretch

10:30 a.m.
Daily Chronicle

11:00 a.m.
Live Singing

11:00 a.m.
Match Game

2:00 p.m.
Passport Game

2:30 p.m.
Tabletop Activities
& Walking Club

3:00 p.m.
Bingo

3:30 p.m.
Social Hour

7:00 p.m.
Word Roulette

TUESDAY

10:00 a.m.
Exercise & Stretch

10:30 a.m.
Daily Chronicle

11:00 a.m.
Flower Arranging

11:00 a.m.
Match Game

2:00 p.m.
Passport Game

2:30 p.m.
Tabletop Activities
& Walking Club

3:30 p.m.
Social Hour

7:00 p.m.
Word Roulette

WEDNESDAY

10:00 a.m.
Exercise & Stretch

10:30 a.m.
Daily Chronicle

10:45 a.m.
Musician

11:00 a.m.
Match Game

12:00 p.m.
Lunch Bunch

2:00 p.m.
Baking Club

2:00 p.m.
Passport Game

2:30 p.m.
Tabletop Activities
& Walking Club

3:00 p.m.
Arts & Crafts

3:30 p.m.
Social Hour

7:00 p.m.
Word Roulette

THURSDAY

10:00 a.m.
Exercise & Stretch

10:30 a.m.
Daily Chronicle

11:00 a.m.
Pet Visit

2:00 p.m.
Passport Game

2:30 p.m.
Bus Outing

2:30 p.m.
Tabletop Activities
& Walking Club

3:00 p.m.
Dance Party

3:30 p.m.
Social Hour

7:00 p.m.
Word Roulette

FRIDAY

10:00 a.m.
Exercise & Stretch

10:30 a.m.
Daily Chronicle

11:00 a.m.
Brain Exercise
Initiative

2:00 p.m.
Piano Concert

2:00 p.m.
Passport Game

2:30 p.m.
Tabletop Activities
& Walking Club

3:00 p.m.
Shabbat

3:30 p.m.
Social Hour

7:00 p.m.
Word Roulette

SATURDAY

10:00 a.m.
Exercise & Stretch

10:30 a.m.
Daily Chronicle

11:00 a.m.
Brain Exercise
Initiative

2:00 p.m.
Passport Game

2:30 p.m.
Tabletop Activities
& Walking Club

3:00 p.m.
Art Therapy

3:30 p.m.
Social Hour

7:00 p.m.
Word Roulette

7:00 p.m.
Evening Movie