

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

- 9:00 News and Views **1**
- 9:15 Looking Good
- 10:15 Exercises and Snacks
- 11:00 Sing- A- long
- 2:00 Fun Fitness and Refreshments
- 3:15 Trivia
- 6:30 A-Z Game

- National Ice Cream Sandwich Day** **2**
- 9:00 News and Views
- 9:15 Looking Good
- 10:00 Scenic Ride
- 11:00 Let's Play Ball
- 2:00 Fun Fitness
- 2:00 Fun Fitness and Refreshments
- 2:30 Ice Cream Sandwich Social
- 3:00 Lets talk Shop
- 6:30 Pictionary

- 9:00 News and Views **3**
- 9:15 Looking Good
- 10:15 Exercises and Snacks
- 11:00 BINGO
- 2:00 Fun Fitness and Refreshments
- 3:00 Sun Flower Stenciling
- 6:30 Let's Play Ball

- 9:00 News and Views **4**
- 9:15 Looking Good
- 10:15 Exercises and Snacks
- 11:00 Rock Art
- 2:00 Fun Fitness and Refreshments
- 3:00 AL Music with Terry
- 3:00 Reminiscing Questions
- 6:30 Family Night Flick

- 9:00 News and Views **5**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Puzzles
- 2:00 Fun Fitness and Refreshments
- 3:00 Word Games
- 3:30 Hangman
- 7:00 Lawrence Welk Show

- 9:00 News and Views **6**
- 9:15 Looking Good
- 9:45 LDS Sacrament
- 10:15 Sunday Stroll
- 10:40 LDS Priesthood/Relief Society
- 2:00 Fun Fitness and Refreshments
- 3:00 Lovely Nails
- 6:30 Soothing Hands

- 9:00 News and Views **7**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Beginning of Bargain Hunting Week
- 2:00 Fun Fitness and Refreshments
- 3:00 Scenic Ride
- 6:30 Inspirational Stories

- 9:00 News and Views **8**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Sing- A- long
- 2:00 Fun Fitness and Refreshments
- 3:15 AL Music with Jim
- 3:15 Trivia
- 6:30 A-Z Game

- 9:00 News and Views **9**
- 9:15 Looking Good
- 10:00 Scenic Ride
- 11:00 Let's Play Ball
- 2:00 Fun Fitness and Refreshments
- 3:00 Baking Buddies "sunflower butter"
- 4:00 Painting
- 6:30 Pictionary

- 9:00 News and Views **10**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 BINGO
- 2:00 Fun Fitness and Refreshments
- 3:00 Categories
- 6:00 Family Fun Carnival
- 6:30 Let's Play Ball

- 9:00 News and Views **11**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Arts
- 2:00 Fun Fitness and Refreshments
- 3:00 AL Music-Stampede
- 3:00 Reminiscing Questions
- 6:30 Family Night Flick

- 9:00 News and Views **12**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Puzzles
- 2:00 Fun Fitness and Refreshments
- 3:00 Word Games
- 3:30 Hangman
- 7:00 Lawrence Welk Show

- 9:00 News and Views **13**
- 9:15 Looking Good
- 9:45 LDS Sacrament
- 10:15 Sunday Stroll
- 10:40 LDS Priesthood/Relief Society
- 2:00 Fun Fitness and Refreshments
- 3:00 Lovely Nails
- 6:30 Soothing Hands

- 9:00 News and Views **14**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Race Game
- 2:00 Fun Fitness and Refreshments
- 3:00 Scenic Ride
- 6:30 Inspirational Stories

- 9:00 News and Views **15**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Sing- A- long
- 2:00 Fun Fitness and Refreshments
- 3:15 Trivia
- 6:30 A-Z Game

- 9:00 News and Views **16**
- 9:15 Looking Good
- 10:00 Scenic Ride
- 11:00 Let's Play Ball
- 2:00 Fun Fitness and Refreshments
- 3:00 Baking Buddies
- 4:00 Painting
- 6:30 Pictionary

- 9:00 News and Views **17**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 BINGO
- 2:00 Fun Fitness and Refreshments
- 3:00 Categories
- 6:30 Let's Play Ball

- 9:00 News and Views **18**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Arts
- 2:00 Fun Fitness and Refreshments
- 3:00 Reminiscing Questions
- 6:30 Family Night Flick

- 9:00 News and Views **19**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Puzzles
- 2:00 Fun Fitness and Refreshments
- 3:00 Word Games
- 3:30 Hangman
- 7:00 Lawrence Welk Show

- 9:00 News and Views **20**
- 9:15 Looking Good
- 9:45 LDS Sacrament
- 10:15 Sunday Stroll
- 10:40 LDS Priesthood/Relief Society
- 2:00 Fun Fitness and Refreshments
- 3:00 Lovely Nails
- 6:30 Soothing Hands

- 9:00 News and Views **21**
- 9:15 Looking Good
- 10:15 Exercises
- 11:00 Sunflower Snack Attack
- 2:00 Fun Fitness and Refreshments
- 3:00 Scenic Ride
- 6:30 Inspirational Stories

- 9:00 News and Views **22**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Sing- A- long
- 2:00 Fun Fitness and Refreshments
- 3:15 Trivia
- 6:30 A-Z Game

- 9:00 News and Views **23**
- 9:15 Looking Good
- 10:00 Scenic Ride
- 11:00 Let's Play Ball
- 2:00 Fun Fitness and Refreshments
- 3:00 Baking Buddies
- 4:00 Painting
- 6:30 Pictionary

- National Waffle Day** **24**
- 9:00 News and Views
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 BINGO
- 2:00 Fun Fitness and Refreshments
- 2:30 Waffles and Fun Facts
- 3:00 Categories
- 6:30 Let's Play Ball

- 9:00 News and Views **25**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Arts
- 2:00 Fun Fitness and Refreshments
- 3:00 AL Music with Nancy
- 3:00 Reminiscing Questions
- 6:30 Family Night Flick

- 9:00 News and Views **26**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Puzzles
- 2:00 Fun Fitness and Refreshments
- 3:00 Word Games
- 3:30 Hangman
- 7:00 Lawrence Welk Show

- 9:00 News and Views **27**
- 9:15 Looking Good
- 9:45 LDS Sacrament
- 10:15 Sunday Stroll
- 10:40 LDS Priesthood/Relief Society
- 2:00 Fun Fitness and Refreshments
- 3:00 Lovely Nails
- 6:30 Soothing Hands

- 9:00 News and Views **28**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Race Game
- 2:00 Fun Fitness and Refreshments
- 3:00 AL Music with Henry
- 3:00 Scenic Ride
- 6:30 Inspirational Stories

- 9:00 News and Views **29**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 Sing- A- long
- 2:00 Fun Fitness and Refreshments
- 3:15 Trivia
- 6:30 A-Z Game

- 9:00 News and Views **30**
- 9:15 Looking Good
- 10:30 Picnic in The Park
- 11:00 Let's Play Ball
- 2:00 Fun Fitness and Refreshments
- 3:00 Baking Buddies
- 4:00 Painting
- 6:00 AL Music with Robin
- 6:30 Pictionary

- 9:00 News and Views **31**
- 9:15 Looking Good
- 10:15 Exercises and Refreshments
- 11:00 BINGO
- 2:00 Fun Fitness and Refreshments
- 2:15 Pet Therapy
- 3:00 AL Music with Darren in the living room
- 3:00 Categories
- 6:30 Let's Play Ball