

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY BIS - Bistro Bldg 3/4 3d Flr. - Building 3/4 3rd Floor BUS - Bus MPR - Multipurpose Room THR - Theatre				1	2:00 Headspace Meditation (THR) 2	4:00 Happy Hour feat. James Zimmerman on Piano (BIS) 3
2:00 Writer's Group (Building 3/4 3rd Floor.) 4	5	2:00 Matter of Balance Class Series (MPR) 6	10:30 Town Hall (THR) 2:00 Town Hall (THR) 7	11:00 Lunch Out: Ramos (Sign up required - BUS) 8	SENIOR PROM 12:00 Men's Strength - Super Bowl Themed! (MPR) 9 2:00 Headspace Meditation (THR) 3:00 Shabbat (THR) 4:00 Happy Hour Out (BUS) 4:30 2024 Senior Prom (Diningroom)	Chinese New Year 10
11	1:00 Arboretum/ Costco Shopping Trip (BUS) 12 1:00 Armchair Astronomy: Earth's Stunning Sun: Beauty & Brawn (THR)	FIT TUESDAY 10:45 Ceramics Class with Carla (BIS) 13 2:00 Matter of Balance Class Series (MPR) 2:30 Maintenance Chat w/Tom (THR) 4:00 Mardi Gras Happy Hour Featuring Johnny Youngblood (BIS)	Valentine's Day 10:00 Trader Joe's (BUS) 14 1:00 St Albert's Ash Wednesday Service (THR) 2:30 Birthday Party (Diningroom)	1:30 Lutheran Services (BIS) 15	11:00 Red Hat Luncheon (Olive Garden) 16 2:00 Headspace Meditation (THR) 4:00 Conservatory Book Club (Building 5- Good Neighbor Café) 4:00 Happy Hour With Gill/ Senior Fitness Test Prize Drawing (BIS) 6:00 Georgetown Palace Theatre: She Loves Me (BUS)	17
2:00 Quilter's Group (BIS) 18	1:00 Domain/Arbor Walk/Whole Foods (BUS) 19	1:00 Diabetes Educational Class Series Informational Meeting (Theater) 20 2:00 Ambassador Meeting (THR) 2:00 Matter of Balance Class Series (MPR)	12:00 *SPECIAL TIME* Target/Dollar Tree Shopping Trip (BUS) 21 2:30 Sustainable Landscape Committee (Bldg 3/4 3d Flr.)	11:00 Volunteer Luncheon - Fitness Department (BUS) 22 2:30 Chef's Chat (Diningroom)	11:00 ROMEO Lunch Out: Wise Guys Chicago Eatery (BUS) 23 2:00 Headspace Meditation (THR) 4:00 Love Song Sing Along & Happy Hour w/ Lauren (THR)	24
25	1:00 La Fronterra Shopping (BUS) 26 1:30 Diabetes Management Class - Pre-registration required (MPR) 1:30 Fun with Fung Shui (BIS)	11:15 Fitness Chat (MPR) 27 2:00 The Conservatory Actor's Group Presents 'Hooves & Holsters' (THR - SIGN UP) 2:00 Matter of Balance Class Series (MPR)	9:30 Heart Health and Exercise Workshop - Pre-registration required (MPR) 28 1:00 Art w/Linda (BIS) 1:15 Catholic Mass (THR) 2:00 Conservatory Actor's Group Presents 'Hooves & Holsters' (THR - SIGN UP)	1:00 Jewelry repair with Marynelle (Building 3/4 4th Floor) 29 2:00 The Conservatory Actor's Group Presents 'Hooves & Holsters' (THR- SIGN UP)		

REOCCURRING ACTIVITY SHEET 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 RISE PRAYER HOUR - LUKE 22:46	8:00 RISE PRAYER HOUR - LUKE 22:46	8:00 RISE PRAYER HOUR - LUKE 22:46	8:00 RISE PRAYER HOUR - LUKE 22:46	8:00 RISE PRAYER HOUR - LUKE 22:46	9:30 EXERCISE VIDEO: LAUREN-RESIDENT CHOICE	10:00 CHURCH SERVICES
9:00 WALMART	9:30 BETTER BALANCE – BALANCE PADS	9:30 MEN’S COFFEE	9:30 BETTER BALANCE – AGILITY LADDER	9:30 SEATED AEROBICS	10:00 BOGGLE	11:15 CATHOLIC COMMUNION
9:30 SEATED DANCE CARDIO	10:00 FLEX YOUR BRAIN	9:30 CARDIO INTERVALS	10:00 HALCYON BP CLINIC	10:00 YOU BE THE JUDGE	1:00 RUMMIKUB	2:00 DUPLICATE BRIDGE
10:15 PILATES	10:00 HEB	10:00 WORD SCRAMBLE	10:00 SCRABBLE	10:15 TUBE TONING	2:00 RESIDENT VOLUNTEER HOUR	2:00 MOVIE MATINEE
11:15 CIRCUIT TRAINING	10:15 GENTLE YOGA	10:15 DUMBELL SCULPT	10:15 GENTLE YOGA	11:00 WHEEL OF FORTUNE	2:00 MOVIE MATINEE	3:00 RESIDENT LED CHAIR VOLLEYBALL
1:00 (MENS)42 DOMINOES	11:15 CRAFTS WITH CELEBRATIONS	11:15 CIRCUIT TRAINING	11:15 CRAFTS WITH CELEBRATIONS	12:00 MEN’S STRENGTH	3:00 CHAIR VOLLEYBALL	7:00 PENNY ANTE POKER
1:00 OPEN GYM EQUIPMENT INSTRUCTION	12:30 LINE DANCE	1:00 OPEN GYM EQUIPMENT INSTRUCTION	1:00 OPEN GYM EQUIPMENT INSTRUCTION	1:00 HYMN SINGALONG	4:00 BYOB RESIDENT LED HAPPY HOUR	7:00 MOVIE NIGHT
1:30 MAH JONGG	1:00 OPEN GYM EQUIPMENT INSTRUCTION	1:00 (MENS) 42 DOMINOES	2:00 WALGREENS/CVS	1:00 (MENS)42 DOMINOES	7:00 MOVIE NIGHT	
2:00 DRUM FITNESS	1:00 BASIC BINGO	1:30 MAH JONGG	2:00 TAI CHI	1:00 WALMART		
3:00 CONSERVATORY CHORALE	2:00 SEATED AEROBICS	2:00 FLOOR EXERCISE	3:00 STANDING DANCE CARDIO	1:00 OPEN GYM EQUIPMENT INSTRUCTION		
4:00 HAPPY HOUR W/TOM	2:00 BLACKJACK	3:00 CHAIR VOLLEYBALL	4:00 HAPPY HOUR W/ CELEBRATIONS	2:00 GUIDE TO MEDITATION VIDEO SERIES		
4:15 TABLETOP TRIVIA BLDG. 3 – 3rd Floor	3:30 BIBLE READING APT#2204	4:00 HAPPY HOUR W/KIM	4:15 TABLETOP TRIVIA BLDG. 3 – 3rd Floor	2:30 LEARN BRIDGE W/ DAVID		
7:00 MOVIE NIGHT	4:00 HAPPY HOUR W/JOE	4:15 TABLETOP TRIVIA BLDG. 3 – 3rd Floor	6:30 BEAN BAG BASEBALL	3:00 MEXICAN TRAIN/CHICKEN FOOT		
	4:15 TABLETOP TRIVIA BLDG. 3 – 3rd Floor	6:15 DESIGNER BINGO	7:00 MOVIE NIGHT	4:00 HAPPY HOUR W/CULINARY		
	7:00 PENNY ANTE POKER	7:00 MOVIE NIGHT		4:15 TABLETOP TRIVIA BLDG. 3 – 3rd Floor		
	7:00 MOVIE NIGHT			7:00 MOVIE NIGHT		