

## Celebration Villa

# SAMPLE LIFE ENRICHMENT CALENDAR\*

\*This is just a sample. Activities do not reflect current activity calendar.

### SUNDAY

- 10:00 Stretch & Strengthen
- 11:00 Church Services
- 1:30 Devotion
- 3:00 Fellowship
- 4:00 Women's Club

### MONDAY

- 10:00 Gentle Stretched
- 10:30 Stretch & Strengthen
- 11:00 Wii Bowling
- 2:00 Happy Hour
- 3:00 Music Monday
- 7:00 Card Club

### TUESDAY

- 9:00 Friendly Visits
- 10:30 Sittercise
- 11:00 Pet Therapy
- 2:00 Happy Hour
- 2:15 BINGO
- 4:00 Polka Music
- 6:00 Movie

### WEDNESDAY

- 9:00 Bible Study
- 10:30 Stretch & Strengthen
- 11:00 Pick Your Art
- 2:00 Happy Hour
- 3:15 Rehydrate
- 4:00 Balloon Volley
- 7:15 Worship Service

### THURSDAY

- 10:00 Dog Visits
- 10:30 Sittercise
- 11:00 Brain Games
- 1:00 Bean Bag Toss
- 2:00 Happy Hour
- 3:00 Music with Melody
- 6:00 Painter's Pick

### FRIDAY

- 9:00 Smooth Moves
- 10:30 Stretch & Strengthens
- 11:00 Favorite One Dish Meals
- 1:00 Table Games
- 2:00 Happy Hour
- 6:00 Movie

### SATURDAY

- 9:30 Nail Care
- 10:30 Stretch & Strengthen
- 11:00 Book Club
- 2:15 BINGO
- 4:00 Men's Club

### NOTES

**Everyday**  
1:00 Walking Club  
(weather permitting)

**Every Tuesday**  
1:00 Walmart

**Every Wednesday**  
11:30 - Lunch Outing

**Every Thursday**  
1:00 Mall Walks

Sign up sheets in Life  
Enrichment room for  
additional outings!