

# Active & Assisted Living Sample Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>8am-12pm</b> Church Outing <b>2pm</b> Movie Matinee</p> <p>1</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>10:30am</b> Tai Chi w/ Bee <b>3pm</b> Bingo</p> <p>2</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>10:45am</b> Move w/ Michele <b>3pm</b> Bingo <b>6pm</b> Tuesday Night Movie <b>6:30pm</b> Card Games</p> <p>3</p>	<p><b>9:15am</b> Chair Exercise w/ Christine <b>10:30am</b> Tai Chi w/ Bee <b>2pm</b> 4<sup>th</sup> of July Celebration: Ritmo de Sanchez Entertains</p> <p>4</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>9:45am</b> Communion <b>10:45am</b> Move w/ Michele <b>1:45pm</b> Trivia <b>3pm</b> Bingo <b>6pm</b> Thurs Night Movie</p> <p>5</p>	<p><b>10am</b> Crochet w/ Carol <b>11:30am</b> Chair Zumba <b>3pm</b> Happy Hour</p> <p>6</p>	<p><b>8:45-10:45am</b> Wellness Clinic <b>9:15am</b> Water Fitness w/ Christine <b>12:15pm</b> Watercolor Class <b>2pm</b> Movie Matinee</p> <p>7</p>
<p><b>8am-12pm</b> Church Outing <b>1pm</b> The Screamery Outing (Hand-crafted Ice Cream)</p> <p>8</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>10:30am</b> Tai Chi w/ Bee <b>3pm</b> Bingo</p> <p>9</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>10:45am</b> Move w/ Michele <b>3pm</b> Bingo <b>6pm</b> Tuesday Night Movie <b>6:30pm</b> Card Games</p> <p>10</p>	<p><b>9:15am</b> Chair Exercise w/ Christine <b>10:30am</b> Tai Chi w/ Bee <b>2pm</b> AZ Historian Jim Turner <b>3pm</b> Happy Hour</p> <p>11</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>9:45am</b> Communion <b>10:45am</b> Move w/ Michele <b>1:45pm</b> Trivia <b>3pm</b> Bingo <b>6pm</b> Thurs Night Movie</p> <p>12</p>	<p><b>10am</b> Balance Clinic <b>11:30am</b> Chair Zumba <b>3pm</b> Happy Hour <b>4pm</b> Dining Out on the Town at El Corral</p> <p>13</p>	<p><b>8:45-10:45am</b> Wellness Clinic <b>9:15am</b> Water Fitness w/ Christine <b>2pm</b> Desert Melodies</p> <p>14</p>
<p><b>8am-12pm</b> Church Outing <b>2pm</b> Movie Matinee</p> <p>15</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>10:30am</b> Tai Chi w/ Bee <b>3pm</b> Bingo</p> <p>16</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>10:45am</b> Move w/ Michele <b>1pm</b> Border Patrol 101 <b>3pm</b> Bingo <b>6pm</b> Tuesday Night Movie <b>6:30pm</b> Card Games</p> <p>17</p>	<p><b>9:15am</b> Chair Exercise w/ Christine <b>10:30am</b> Tai Chi w/ Bee <b>11am</b> Walker Repair <b>3pm</b> Happy Hour</p> <p>18</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>9:45am</b> Communion <b>10:45am</b> Move w/ Michele <b>1:45pm</b> Trivia <b>3pm</b> Bingo <b>6pm</b> Thurs Night Movie <b>6:30pm</b> Card Games</p> <p>19</p>	<p><b>11:30am</b> Chair Zumba <b>3pm</b> Happy Hour</p> <p>20</p>	<p><b>8:45-10:45am</b> Wellness Clinic <b>9:15am</b> Water Fitness w/ Christine <b>12:15pm</b> Watercolor Class <b>2pm</b> Desert Melodies</p> <p>21</p>
<p><b>8am-12pm</b> Church Outing <b>2pm</b> Movie Matinee</p> <p>22</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>10:30am</b> Tai Chi w/ Bee <b>3pm</b> Bingo</p> <p>23</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>10am-12pm</b> Bottle Art <b>10:45am</b> Move w/ Michele <b>3pm</b> Bingo <b>6pm</b> Tuesday Night Movie <b>6:30pm</b> Card Games</p> <p>24</p>	<p><b>9:15am</b> Chair Exercise w/ Christine <b>10:30am</b> Tai Chi w/ Bee <b>11am</b> When It's More Than Normal Aging <b>11am</b> Walker &amp; W/C Repair <b>3pm</b> Happy Hour <b>6:30pm</b> Card Games</p> <p>25</p>	<p><b>9am</b> Podiatrist <b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>9:45am</b> Communion <b>10:45am</b> Move w/ Michele <b>2pm</b> Birthday Party: Diane &amp; Lisa <b>6pm</b> Thurs Night Movie</p> <p>26</p>	<p><b>10am</b> Trip to Native American Gallery <b>10am-12pm</b> Avon <b>11:30am</b> Chair Zumba <b>3pm</b> Happy Hour</p> <p>27</p>	<p><b>8:45-10:45am</b> Wellness Clinic <b>9:15am</b> Water Fitness w/ Christine <b>12:15pm</b> Watercolor Class <b>2pm</b> Desert Melodies</p> <p>28</p>
<p><b>8am-12pm</b> Church Outing <b>2pm</b> Movie Matinee</p> <p>29</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>10:30am</b> Tai Chi w/ Bee <b>3pm</b> Bingo</p> <p>30</p>	<p><b>9:15am</b> Chair Exercise w/ Mandy <b>9:15am</b> Water Fitness w/ Christine <b>10:45am</b> Move w/ Michele <b>3pm</b> Bingo <b>6pm</b> Tuesday Night Movie <b>6:30pm</b> Card Games</p> <p>31</p>	<p><b>KEY:</b> <span style="color: green;">Health and Wellness Event</span> <span style="color: purple;">Religious/Devotional Event</span>  <span style="color: blue;">Social Event</span> <span style="color: blue;">Educational Event</span>  <span style="color: red;">Offsite Trip</span></p>			