

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Virtual Church Service (AR) 11:00am Creative Expressions: Coloring (AR) 2:00pm Heart to Heart 3:00pm Music and Memory 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am 50s Rock & Roll Sing-along 11:00am Meditation and Aromatherapy 1:00pm Sensory Safari: Engage Mind & Heart 2:00pm BINGO (DR) 3:00pm Planet Earth Documentary 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Warmth & Wellness Hand Massage 11:00am Soothing Sounds & Stillness 1:00pm Sensory: Texture & Treasure Hunt 2:00pm Cornhole (DR) 3:00pm The Musical Movie Club 	<ul style="list-style-type: none"> 9:00am Spiritual Journey w/ Tim & Dale (L) 9:30am Gentle Yoga Flow w/ Rashmie 10:30am Bible Hymns Sing-A-Long 1:00pm Cooking Corner w/ Debbie! 2:00pm BINGO (DR) 3:00pm Western Wednesdays: Movies (L) 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Sentimental Journey Sing-Along 11:00am Soothing Sounds & Stillness 1:00pm Sensory Safari: Engage Mind & Heart 2:00pm Volleyball (DR) 3:30pm Monthly Birthday Celebration! (DR) 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Melody Memories: Country Sing-Along 11:00am Meditation and Aromatherapy 1:00pm Sensory: Nature's Textures 3:30pm Live Music w/ Ron Howard! (DR) 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Name that Tune 2:00pm 1 on 1 Room Visits 3:00pm Memory Lane: Reminiscing (L) 4:00pm Nature's Soothing Sounds 	
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<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:30am Dale City Church Group 11:00am Creative Expressions: Coloring (AR) 2:00pm Heart to Heart 3:00pm Music and Memory 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am 50s Rock & Roll Sing-along 11:00am Meditation and Aromatherapy 1:00pm Sensory Safari: Engage Mind & Heart 2:00pm BINGO (DR) 3:00pm Planet Earth Documentary 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Sentimental Journey Sing-Along 11:00am Soothing Sounds & Stillness 1:00pm Sensory: Texture & Treasure Hunt 2:00pm Shamrock Shindig feat. Kathy Davis! 3:00pm The Musical Movie Club 	<ul style="list-style-type: none"> 9:00am Spiritual Journey w/ Tim & Dale (L) 9:30am Gentle Yoga Flow w/ Rashmie 10:30am Bible Hymns Sing-A-Long 1:00pm Cooking Corner w/ Debbie! 2:00pm BINGO (DR) 3:00pm Western Wednesdays: Movies (L) 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Sentimental Journey Sing-Along 11:00am Soothing Sounds & Stillness 1:00pm Sensory Safari: Engage Mind & Heart 3:00pm Resident Council (L) 3:00pm Thrilling Thursday Theater 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Melody Memories: Country Sing-Along 1:00pm Sensory: Nature's Textures 2:00pm BINGO (DR) 3:00pm Friday Film and Snack 	<ul style="list-style-type: none"> 9:00am Gentle Yoga Flow w/ Rashmie 10:00am Name that Tune 2:00pm 1 on 1 Room Visits 3:00pm Memory Lane: Reminiscing (L) 4:00pm Nature's Soothing Sounds 	
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<p>*NOTE* Activities are subject to change based on resident preferences and coinciding appointments.</p>							