


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 9:00am - Walking Club 10:00am - Worship Service 1:30pm - Coffee/Fellowship 3:30pm - Therapy Pet Visit 6:00pm - Hymns	2 9:00am - Coffee Club 10:00am - Morning Exercise 11:00pm - Book Club 1:30pm - Art and Crafts 3:30pm - Chair Yoga 6:00pm - BINGO!	3 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Sing Along 1:30pm - Local Shopping Trip 3:30pm - Garden Club 6:00pm - Bridge Club	4 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Quilting Club 1:30pm - BINGO! 3:30pm - Books and Wine Club 6:00pm - Western Wednesday	5 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Bible Study 1:30pm - Cooking Together: Meatballs 3:30pm - Music Hour 6:00pm - BINGO!	6 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Arts and Crafts 1:30pm - Painting Club 3:30pm - Happy Hour 6:00pm - Classic Movie Night	7 9:00am - Walking Club 10:00am - Tea and Cookies 11:00am - Birthday Month Celebration 1:30pm - Card Games 3:30pm - Sports and Snacks 6:00pm - Music and Dancing	
8 9:00am - Walking Club 10:00am - Worship Service 1:30pm - Coffee/Fellowship 3:30pm - Therapy Pet Visit 6:00pm - Hymns	9 9:00am - Coffee Club 10:00am - Morning Exercise 11:00pm - Book Club 1:30pm - Tattoos and Root Beer 3:30pm - Chair Yoga 6:00pm - BINGO!	10 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Dominoes 1:30pm - Chips and Salsa 3:30pm - Guest Pianist 6:00pm - Bridge Club	11 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Quilting Club 1:30pm - BINGO! 3:30pm - Books and Wine Club 6:00pm - Comedy Night	12 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Bible Study 1:30pm - Baking Together: Cupcakes 3:30pm - Music Hour 6:00pm - BINGO!	13 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Arts and Crafts 1:30pm - Painting Club 3:30pm - Happy Hour 6:00pm - Trivia Night	14 9:00am - Walking Club 10:00am - Tea and Cookies 11:00am - Nail Painting 1:30pm - Card Games 3:30pm - Sports and Snacks 6:00pm - Music and Dancing	
15 9:00am - Walking Club 10:00am - Worship Service 1:30pm - Coffee/Fellowship 3:30pm - Therapy Pet Visit 6:00pm - Hymns	16 9:00am - Coffee Club 10:00am - Morning Exercise 11:00pm - Book Club 1:30pm - Art and Crafts 3:30pm - Chair Yoga 6:00pm - BINGO!	17 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - 1950's Sing Along 1:30pm - Local Shopping Trip 3:30pm - Garden Club 6:00pm - Bridge Club	18 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Quilting Club 1:30pm - BINGO! 3:30pm - Books and Wine Club 6:00pm - Square Dancing	19 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Bible Study 1:30pm - Cooking Together: Tacos and Guac 3:30pm - Music Hour 6:00pm - BINGO!	20 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Arts and Crafts 1:30pm - Painting Club 3:30pm - Happy Hour 6:00pm - Classic Movie Night	21 9:00am - Walking Club 10:00am - Tea and Cookies 11:00am - Nail Painting 1:30pm - Card Games 3:30pm - Sports and Snacks 6:00pm - Music and Dancing	
22 9:00am - Walking Club 10:00am - Worship Service 1:30pm - Coffee/Fellowship 3:30pm - Therapy Pet Visit 6:00pm - Hymns	23 9:00am - Coffee Club 10:00am - Morning Exercise 11:00pm - Book Club 1:30pm - Guest Choir 3:30pm - Chair Yoga 6:00pm - BINGO!	24 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Dominoes 1:30pm - Knitting Club 3:30pm - Guest Pianist 6:00pm - Bridge Club	25 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Quilting Club 1:30pm - BINGO! 3:30pm - Books and Wine Club 6:00pm - Puzzle Night	26 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Bible Study 1:30pm - Baking Together: Chocolate Mousse 3:30pm - Music Hour 6:00pm - BINGO!	27 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Arts and Crafts 1:30pm - Painting Club 3:30pm - Happy Hour 6:00pm - Trivia Night	28 9:00am - Walking Club 10:00am - Tea and Cookies 11:00am - Nail Painting 1:30pm - Card Games 3:30pm - Sports and Snacks 6:00pm - Music and Dancing	
29 9:00am - Walking Club 10:00am - Worship Service 1:30pm - Coffee/Fellowship 3:30pm - Therapy Pet Visit 6:00pm - Hymns	30 9:00am - Coffee Club 10:00am - Morning Exercise 11:00pm - Book Club 1:30pm - Art and Crafts 3:30pm - Chair Yoga 6:00pm - BINGO!	31 9:00am - Coffee Club 10:00am - Morning Exercise 11:00am - Sing Along 1:30pm - Local Shopping Trip 3:30pm - Garden Club 6:00pm - Bridge Club	 <p>This is an example of a monthly activity schedule offered by our communities. Events, activities and times vary by location.</p> <p>To learn more about the joyful experiences we offer seniors or to find a community near you, visit sonidaseniorliving.com.</p>				

