

TODAY'S ACTIVITY SCHEDULE

TODAY IS

MONDAY, MARCH 28, 2022

10:00am Coffee & Chair Travel

10:30am Balloon Tennis & Rock & Roll

11:00am **Sit & Fit with Legacy**

12:00Pm **LUNCH**

2:00pm Jigsaw Puzzles & Memory
Games

2:30pm Afternoon Social & 80's music

3:00pm **BINGO!**

3:30pm **Sing Along with Michael**

4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TUESDAY, MARCH 29, 2022

10:00am Coffee & Chair Travel

10:30am Baking Club

11:00am Strength & Balance

11:30am LUNCH!

1:30pm Walking Club

**2:30pm Afternoon Social & 70's
Music**

3:00pm BINGO!

3:30pm Movie TUESDAY

4:30pm DINNER!

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, MARCH 30, 2022

10:00am Coffee & Chair Travel

10:30am Balloon Tennis & 50's Rock & Roll

11:00am **Balance & Motion with Michael**

11:30am **LUNCH!**

1:30pm 40's & 50's Memory Lane

2:00pm Word Puzzles & Finish the
expression Trivia

2:30pm Afternoon Social & Country Music

3:00pm **BINGO!**

3:30pm Musical Trivia with Susie Q.

4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

THURSDAY, MARCH 31, 2022

10:00am Coffee & Chair Travel

10:30am Balloon Tennis

**11:00am Balance & Motion with
Michael**

11:30am LUNCH!

1:30pm Trivia & Categories

2:00pm Cherry Blossom Scenic Van Ride

**2:30pm Afternoon Social & 50'S
MUSIC**

3:30pm Bingo with care team.

4:30pm DINNER!

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

FRIDAY, APRIL 1, 2022

10:00am Coffee & Chair Travel

10:30am Balloon Tennis

11:00am Sit & Fit

11:30am LUNCH!

12:00pm Small Group Luncheon
Assisted Living Dining Room

1:30pm Arts & Crafts

2:00 pm Trivia & Fun Facts

2:30pm Afternoon Social & Jazz

3:00pm Puzzles & WORD GAMES

3:30pm Movie FRIDAY!

4:30pm DINNER!

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

SATURDAY, APRIL 2, 2022

10:00am Coffee & conversations

10:30am Chair Travel with Rick Steves

11:00am Balloon Tennis

11:30am **LUNCH!**

1:30pm Musical Trivia & Tambourines

2:30pm Afternoon Social & Nat King Cole

3:00pm Hand Massage with Care Team

3:30pm **BINGO!**

4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

SUNDAY, APRIL 3, 2022

10:00am Coffee & conversations

10:30am Bible Study & Hymns

11:00am Sunday's Mass Live Streaming
(National Shrine DC)

11:30am **LUNCH!**

1:30pm Walking Club

2:00pm Daily Doses of Nostalgia/Precious
Moments

2:30pm Afternoon Social & Frank Sinatra

3:30pm **BINGO!** with care team!

4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change