

Activity



Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	8:00a - Morning Coffee 1 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee - "Queen Bees"	10:00a - Coffee w/ Lisa 2 11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	8:00a - Morning Coffee 3 9:00a - Water Aerobics 9:00a - National Walking Day: Walk Around the Lake 10:00a - Water Aerobics 10:00a - Brain Waves Presentation 3:00p - Wednesday Bible Study	8:00a - Morning Coffee 4 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/ KLove 10:30a - Talk on the Appalachian Trail Walk 1:00p - Closet Sale Committee Meeting 2:30p - Peggy Gouras: WWII Talk 4:00p - Water Walking	8:00a - Morning Coffee 5 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - The Chosen Series: Season 1 - Ep.2&3 11:00a - Lunch Bunch: Old Capitol Inn 4:00p - Happy Hour 6:30p - Bingo	6 4:00p Water Walking
7 10:30a Protestant Service	8:00a - Morning Coffee 8 9:00a - Water Aerobics 9:15a - Resident Council Meeting 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Activity Committee Meeting 1:00p - Movie Matinee - "The Hill"	8:00a - Morning Coffee 9 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/ KLove 10:00a-11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking 5:00p - Dinner Out: Sal & Phils	8:00a - Morning Coffee 10 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Origin Bank 10:00a - Water Aerobics 10:30a - Virtual Tour of Spain 1:00p - Hand and Foot 3:00p - Wednesday Bible Study 7:00p - New Stage Theatre: Chicken & Biscuits	11 8:00a - Morning Coffee 9:30a - Low Impact Cardio w/ KLove 1:00p - History Club (George Kirkpatrick) 2:30p - Guy Hovis Performs 4:00p - Water Walking	12 8:00a - Morning Coffee 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - The Chosen Series: Season 1 - Ep.4 1:00p - \$1 Bridge Game 4:00p - Happy Hour 6:30p - Bingo	13 4:00p Water Walking 7:30p - BRAVO V: Symphony
14 10:30a Protestant Service	15 Closet Sale Set - Up	16 7:00p - Music for Missions Closet Sale Set - Up	17 Closet Sale Set - Up	18 Closet Sale Day 8:00a - 1:00p	19 8:00a - Morning Coffee 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - The Chosen Series: Season 1 - Ep.5 4:00p - Happy Hour 6:30p - Bingo	20 4:00p Water Walking
21 10:30a Protestant Service	22 8:00a - Morning Coffee 9:00a - Water Walking 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "POMS"	23 8:00a - Morning Coffee 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/KLove 10:00a-11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	24 8:00a - Morning Coffee 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Origin Bank 10:00a - Water Aerobics 10:30a - Experience the MS State Capitol a National Landmark Presentation 1:00p - Hand and Foot 3:00p - Wednesday Bible Study	25 9:00a - 12:00p - Booster Clinic 2:00p - Resident Show & Tell 2:00p - Book Mobile 4:00p - Current Eventz 4:00p - Water Walking Low Impact Cardio Canceled	26 8:00a - Morning Coffee 9:00a - Water Aerobics 9:30a - Morning Stretch 9:30a - Trip to Tour MS State Capitol 10:00a - Water Aerobics 10:30a - The Chosen Series: Season 1 - Ep.6 4:00p - Happy Hour (FS Cater) 6:30p - Bingo	27 4:00p Water Walking
28 10:30a Protestant Service	29 8:00a - Morning Coffee 9:00a - Water Walking 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Opera: The Opera House: Starring Leontyne Price	30 8:00a - Morning Coffee 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/KLove 10:00a - 11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking 7:30p - Shen Yun Performance	Church Services Catholic Service: Monday - Friday 8:30am/Sunday 9:00am (Chapel) Methodist Service: Every Tuesday 4:00pm (Chapel) Episcopal Service: Every Wednesday 4:00pm (Chapel) Protestant Service: Every Sunday 10:30am (Activity Room)			