



# ACTIVITY CALENDAR

| Sun                                                      | Monday                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                              | Thursday                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                     | Sat                                                                                                                                                         |
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|                                                          |                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                        | <b>NO Activities</b><br><b>Activity Coordinators OFF</b><br><br>4:00-Water Walking | 8:00-Morning Coffee<br>9:00- Water Aerobics<br>9:30-Moring Stretch<br>10:00 -Water Aerobics<br><b>11:00-Lunch Bunch: Zea's</b><br>1:00-Quilters Group<br>2:30-Darts<br>4:00 - Happy Hour<br>6.30-Bingo  | 4:00<br>Water<br>Walking                                                                                                                                    |
| 4<br><br><b>10:30</b><br>Protestant<br>Service           | 5<br>8:00-Morning Coffee<br>9:00- Water Aerobics<br>9:15-Resident<br>Council meeting<br>9:30-Morning Stretch<br>10:00 -Water Aerobics<br><b>1:00-Movie Matinee:</b><br><b>84 Charing Cross Road</b>      | 6<br>8:00-Morning Coffee<br><b>10:00-Coffee w/Lisa</b><br>10:00-BP Check<br>1:00-Happy Stitchers<br>3:00-Men's Bible Study<br>4:00-Water Walking                                                                                                                                                                                   | 7<br>8:00 -Morning Coffee<br>9:00 -Water Aerobics<br>9:30 -Morning Stretch<br><b>10:00-Origen Bank</b><br>10:00 -Water Aerobics<br><b>10:30-Virtual Tour</b><br>1:00 -Hand and Foot<br>3:00 -Wednesday<br>Bible Study  | 8<br>8:00-Morning Coffee<br><b>8:30-Yoga DVD</b><br>9:30-Exercise w/Shelia<br><b>1:00-History Club</b><br>4:00-Water Walking                                         | 9<br><b>9:00-Pancake &amp; PJ's</b><br>2:30-Darts<br><b>4:00-Happy Hour</b><br>6:30-Bingo                                                                                                                                                                                                  | 10<br><br>4:00<br>Water<br>Walking<br><b>7:30</b><br><b>Symphony</b><br> |
| 11<br><br><b>10:30</b><br>Protestant<br>Service          | 12<br>8:00-Morning Coffee<br>9:00 -Water Aerobics<br>9:30 -Morning Stretch<br>10:00 -Water Aerobics<br><b>10:30-Activity</b><br><b>Committee Metting</b><br><b>1:00-Movie Matinee:</b><br><b>Miracle</b> | 13<br>8:00 -Morning Coffee<br><b>8:30-Yoga DVD</b><br>9:30-Exercise w/Shelia<br>10:00-BP Checks<br><br>1:00- Happy Stitchers<br><b>2:30-Rehab Screening</b><br>3:00 -Men's Bible Study<br>4:00-Water Walking<br><b>5:00-Dinner Out: Foxtail</b> | 14<br>8:00-Morning Coffee<br>9:00-Water Aerobics<br>9:30-Morning Stretch<br>10:00-Water Aerobics<br><b>10:30-Vurtual Tour</b><br>1:00-Hand and Foot<br>3:00-Wednesday<br>Bible Study                                   | 15<br>8:00-Morning Coffee<br>9:30-Exercise w/Shelia<br><b>2:00-Scrabble Games</b><br>2:00-Book Mobile<br>4:00-Water Walking                                          | 16<br>8:00-Morning Coffee<br>9:00-Water Aerobics<br>9:30-Moring Stretch<br>10:00-Water Aerobics<br><b>1:00-\$1 Bridge Game</b><br>2:30-Darts<br>4:00-Happy Hour<br>6:30-Bingo                                                                                                              | 17<br><br>4:00<br>Water<br>Walking                                                                                                                          |
| 18<br><br><b>10:30</b><br>Protestant<br>Service          | 19<br>8:00-Morning Coffee<br>9:00-Water Aerobics<br>9:30-Morning Stretch<br>10:00-Water Aerobics<br><b>1:00-Movie Matinee:</b><br><b>Duplicity</b>                                                       | 20<br>8:00-Morning Coffee<br><b>8:30-Yoga DVD</b><br>9:30-Exercise w/Shelia<br>10:00-BP Check<br>1:00-Happy Stitches<br><b>2:30-Grands &amp; Gadgets</b><br>3:00-Men's Bible Study<br>( Dogwood Room)<br>4:00-Water Walking                                                                                                        | 21<br>8:00-Morning Coffee<br>9:00 -Water Aerobics<br>9:30-Morning Stretch<br>10:00-Origen Bank<br>10:00-Water Aerobics<br><b>10:30-Virtual Tour</b><br><b>11:00-Honey Sale</b><br>1:00-Hand and Foot<br>3:00-Wednesday | 22<br>8:00-Morning Coffee<br>9:30-Exercise w/Shelia<br><b>10:30-Reflections Group</b><br><b>2:00-Triva Games</b><br>4:00-Water Walking                               | 23<br>8:00-Morning Coffee<br>9:00-Water Aerobics<br>9:30-Moring Stretch<br>10:00-Water Aerobics<br>2:30-Darts<br>4:00-Happy Hour<br>6:30-Bingo                                                                                                                                             | 24<br><br>4:00<br>Water<br>Walking<br><b>Bravo</b><br>                 |
| 25<br><br><b>10:30</b><br>Protestant<br>Service<br>Study | 26<br>8:00-Morning Coffee<br>9:00- Water Aerobics<br>9:30-Morning Stretch<br>10:00-Water Aerobics<br><b>1:00-Movie Matinee:</b>                                                                          | 27<br>8:00-Morning Coffee<br><b>8:30-Yoga DVD</b><br>9:30-Exercise w/Shelia<br>10:00-BP Check<br><b>10:30-Collette Travel &amp; Tour</b><br>1:00-Happy Stitches<br>3:00-Men's Bible Study<br>4:00-Water Walking                                                                                                                    | 28<br>8:00-Morning Coffee<br>9:00-Water Aerobics<br>9:30-Morning Stretch<br>10:00-Water Aerobics<br><b>10:30-Virtual Tour</b><br>1:00-Hand & Foot<br>3:00-Wednesday Bible Class                                        | 29<br>8:00-Morning Coffee<br>9:30-Exercise w/Shelia<br><b>Belhaven Univ.</b><br><b>Dance Ministry</b><br><b>4:00-Current Eventz</b><br>4:00-Water Walking            | 30<br>8:00-Morning Coffee<br>9:00- Water Aerobics<br>9:30-Moring Stretch<br>10:00 - Water Aerobics<br>2:30-Darts<br>4:00-Happy Hour<br>6:30-Bingo                                                                                                                                          | 31<br><br>4:00<br>Water<br>Walking                                                                                                                          |

## Church Services

**Catholic Service:** Monday-Friday 8:30am/Sunday 9:00am(Chapel)

**United Methodist Service:** Tuesday 4:00pm (Chapel)

**Protestant Service:** Every Sunday 10:30am (Activity Room)

**Episcopal Service:** Every Wednesday 4:00pm (Chapel)