



WEEKLY ACTIVITY SCHEDULE

July 16-20th, 2018

MONDAY 7/16

8:30a-9:30a- Coffee & Conversation 9:30a-10:00a- Morning Stretching 10:00a-11:00a- Art Activity	11:00a-12:00p- Lunch	12:30p-1:30p- Reading Group 1:30p-2:00p- Snack 2:00p-3:00p- Personal Choice/Relaxation
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TUESDAY 7/17

8:30a-9:30a- Coffee & Conversation 9:30a-10:00a- Morning Stretching 10:00a-11:00a- Sensory Activity	11:00a-12:00p- Lunch	12:30p-1:30p- Memory Activity 1:30p-2:00p- Snack 2:00p-3:00p- Personal Choice/Relaxation
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WEDNESDAY 7/18

8:30a-9:30a- Coffee & Conversation 9:30a-10:00a- Morning Stretching 10:00a-11:00a- Get Well Cards	11:00a-12:00p- Lunch	12:30p-1:30p- Walking Group 1:30p-2:00p- Snack 2:00p-3:00p- Personal Choice/Relaxation
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THURSDAY 7/19

8:30a-9:30a- Coffee & Conversation 9:30a-10:00a- Morning Stretching 10:00a-11:00a- Stress Management/Meditation	11:00a-12:00p- Lunch	12:30p-1:30p- Board Games 1:30p-2:00p- Snack 2:00p-3:00p- Personal Choice/Relaxation
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FRIDAY 7/20 -MOVIE DAY!

8:30a-9:30a- Coffee & Conversation 9:30a-10:00a- Morning Stretching 10:00a-11:00a- Gym Activity	11:00a-12:00p- Lunch	12:30p-2:00p- Movie Time! 2:00p-2:30p- Snack 2:30p-3:00p- Personal Choice/Relaxation
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NOTES/ANNOUNCEMENTS:

July 16th-20th Anderson County Fair!