

Sample MC Activity Calendar

Weekly Physical Activities

Every Monday

- 10:30am | Muscles in Motion
- 2:00am | Balloon Tennis

Every Tuesday

- 10:30am | Scarves & Stretch
- 3:00pm | Tee-Off Putting

Every Wednesday

- 10:30am | Morning Moves & Stretch
- 6:00pm | Walk & Roll Club

Every Thursday

- 10:30am | Gentle Yoga
- 11:00am | Parachute Volley

Every Friday

- 10:30am | Movin' & Groovin'
- 1:15pm | Nature Craft: Leaf Pressing and Stained Glass
- 3:30pm | Noodle Ball

Every Saturday & Sunday

- 10:30am | Sittercise
- 3:30pm | Hallway Parade

Weekly

- Pet Therapy Visits

- Cooking Snacktivity Projects

Monthly

- Wellness Seminar and Family Meetings
- First Friday 3:00pm | Dance Social
- Third Thursday 3:00pm | Scenic Ride
- Last Wednesday 1:00pm | Birthday Bash

Weekly Intellectual Activities

Daily Chronicles

Every Sunday

- 9:30am | Daily Devotionals
- 1:30pm | Flower Arranging

Every Monday

- 1:15am | Tinkering Time
- 3:00pm | Crafts for a Cause: Dog Biscuit Making

Every Thursday

- 11:00am | Scent Match Challenge
- 6:00pm | Armchair Travel

Every Saturday

- 11:30am | Music and Memories
- 3:00pm | Aromatherapy Meditation