

Welliory Gare						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HELLO	10:00 Morning Stretch 10:30 Monday Morning Series in the Wingate Deluxe Theatre 1:00 Keep It Up 2:00 Live Music with Bud P 3:00 Snack & Chat 4:00 Comedy Stress Relief	10:00 Move & Groove 10:30 Design Center 1:00 Outdoor Walking 2:00 Design Center 1:00 Outdoor Walking 3:00 Design Center 1:00 Outdoor Walking 1:	10:00 Strength and Balance 10:30 Rosary in the Chapel 1:00 Pony Express National Museum Virtual Tour 1:30 Scenic Ride Neighborhood & Terrace 2:00 Crazy 8 3:00 Afternoon Sing Along	10:00 Get Moving 10:30 Cooking Up a Memory 1:00 Les Miserables on Broadway 2:00 Word Find 3:00 Seated Yoga 4:00 Card Tournament		10:00 Sit & Be Fit 10:30 IN2L Residents Choice 1:00 Volley for Serve Terrace VS Neighborhood 2:00 Games on the Patio 3:00 Popcorn Social 4:00 Documentary: Exploring Our Mind-Blowing Universe
7 10:00 Mass & Communion 11:00 Mid-Morning Exercise 1:00 Wingate Word Games 2:00 Refreshments on the Patio 3:00 Bingo 4:00 Afternoon Movie: Seven Years in Tibet	10:00 Morning Stretch 10:30 Monday Morning Series in the Wingate Deluxe Theatre 1:00 Keep It Up 2:00 IN2L Family Feud 2:30 Mambassadors Meeting 3:00 Snack & Chat 4:00 Comedy Stress Relief	10:00 Move & Groove 10:30 Design Center 11:30 Gentlemen's Lunch 1:00 Outdoor Walking 2:00 Bingo 3:00 Teatime Tuesday 4:00 Postcard Journeys	9 10:00 Strength and Balance 10:30 Rosary in the Chapel 1:30 Scenic Ride Neighborhood & Terrace 2:00 Terzy 8 3:00 Afternoon Sing Along 4:00 Working with Beads 6:00 Wednesday Night Matinee: The Royal Treatment	National Submarine Day 10:00 Get Moving 10:30 Cooking Up a Memory 1:00 Modern Marvels: Powerful Nuclear Submarines 2:00 Live Music with Brad Logan 3:00 Seated Yoga 4:00 Card Tournament	10:00 (Wingate Stretch 10:30 Trip to Colt State Park 1:00 (Keep It Up 2:00 World News & Current Events 2:30 (Wingate Spa 3:00 Social Hour 4:00 Armchair Travel 6:00 Movie Night: Residents Choice	10:00 Sit & Be Fit 10:30 IN2L Residents Choice 1:00 Volley for Serve Terrace VS Neighborhood 2:00 Games on the Patio 3:00 Popcorn Social 4:00 Documentary: Our Planet from Deserts to Grasslands
10:00 Mass & Communion 11:00 Mid-Morning Exercise 1:00 Wingate Word Games 2:00 Refreshments on the Patio 3:00 Bingo 4:00 Afternoon Movie: Queen Bees	10:00 Morning Stretch 10:30 Monday Morning Series in the Wingate Deluxe Theatre 1:00 Exemply Live Music with Chris Waters 3:00 Snack & Chat 3:30 Family Support Group 4:00 Comedy Stress Relief	Charlie Chaplin Day 10:00 Move & Groove 10:30 Tai Chi with Bob McManus 1:00 Outdoor Walking 2:00 Bingo 3:00 Terrace Family Ice Crear Social with Live Music by Steve Hurl 3:30 The Gold Rush (1925)		10:00 Get Moving 10:30 Cooking Up a Memory 1:00 Oliver on Broadway 2:00 Word Find 3:00 Seated Yoga 4:00 Card Tournament	10:00 Wingate Stretch 10:30 Trip to Sonic Restaurant 1:00 Keep It Up 2:00 World News & Current Events 2:30 Wingate Spa 3:00 Social Hour 4:00 Armchair Travel 6:00 Movie Night: Residents Choice	10:00 Sit & Be Fit 10:30 IN2L Residents Choice 1:00 Volley for Serve Terrace VS Neighborhood 2:00 Games on the Patio 3:00 Popcorn Social 4:00 Documentary: Exploring Our Mind-Blowing Universe
Mass & Communion 11:00 Mid-Morning Exercise 1:00 Wingate Word Games 2:00 Refreshments on the Patio 3:00 Bingo 4:00 Afternoon Movie: Bringing Up Baby	10:00 Morning Stretch 10:30 Monday Morning Series in the Wingate Deluxe Theatre 1:00 Keep It Up 2:00 Raptor Encounters 3:00 Snack & Chat 4:00 Comedy Stress Relief	10.00 /\ More a	Balance 10:30 (Rosary in the Chapel 1:30 (Scenic Ride Neighborhood & Terrace 2:00 Crazy 8 3:30 Afternoon Sing Along 4:00 (Working with Beads	World Penguin Day 10:00 (Get Moving 10:30 Cooking Up a Memory 1:00 Jesus Christ Superstar on Broadway 2:00 Word Find 3:00 Live Music with Bombshell Betty 4:00 Penguin Paradise of the South Atlantic	10:30 🐑 Trip to Slater Park	Babe Ruth Day 10:00 (Sit & Be Fit 10:30 IN2L Residents Choice 1:00 (Volley for Serve Terrace VS Neighborhood 2:00 (Games on the Patio 3:00 Popcorn Social 4:00 Babe Ruth Documentary
/ 0	10:00 Morning Stretch 10:30 Monday Morning Series in the Wingate Deluxe	10:00 Move & Groove 10:30 Tai Chi with Bob McManus	0 WINGATE	DAY	All activities scheduled	

McManus

1:00 Outdoor Walking

3:00 Teatime Tuesday

4:00 Postcard Journeys

2:00 Music Therapy



All activities scheduled are subject to change to better meet the needs of the residents



Theatre

3:00 Snack & Chat

4:00 Stress Relief

1:00 🛊 Wingate Word Games

2:00 Sefreshments on the

4:00 S Afternoon Movie: Where

the Red Fern Grows

Patio

3:00 🛊 Bingo