

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- Connect
- Contribute
- Feel
- Grow
- Move
- Reflect



LOCATIONS
CS - Creative Studio
ER - Entertainment Room
LB - Lobby
LN - Living Room North
LS - Living Room South
MN - Mom's Kitchen North
MS - Mom's Kitchen South
OT - Outing
PTR- Physical Therapy Room
SR - Serenity Room

Beauty Shop
Thursday & Friday Mornings

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
Unlimited options,



9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Sit & Be Fit [LS]
10:15 ● Freerice.com [LS]
10:30 ● Thymeless Smoothies [MS]
11:00 ● Christian Service with Pastor Dale [ER]
11:00 ● Music Entertainment With Alex [LS]
1:30 ● Afternoon Stroll
2:00 ● Essence [LN]
2:00 ● Puzzling Parlour [LN]
3:00 ● Classical Music & Healthy Snack Social [MN]
3:30 ● 15 Valentines Day Facts [LS]
6:15 ● Table Games [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Morning Jives & Poms [MS]
10:30 ● Catholic Mass & Communion [ER]
11:00 ● Holy Rosary [ER]
1:30 ● Afternoon Stroll
2:00 ● Chef Terry Treats [MN]
3:00 ● Soft Jazz & Healthy Snack Social [MN]
6:45 ● Karaoke Hour [LS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Senior Fit Aerobics [LS]
10:00 ● Tales And Travel With GBL [LS]
10:15 ● Songs by Heart Music Therapy [LS]
10:30 ● Thymeless Smoothies [MN]
11:15 ● Tongue Twister Tuesday [LS]
1:30 ● Afternoon Stroll
2:00 ● Sparks [MN]
2:15 ● UNO! Card Game [MS]
3:00 ● Bossa Nova & Healthy Snack Social [LN]
3:30 ● Picture Trivia! [LN]
6:15 ● BINGO [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● The Daily Chronicle [LS]
10:00 ● Prayer Circle with Mary [LN]
10:30 ● Chair Exercise with Susan [PTR]
10:30 ● Thymeless Smoothies [MN]
11:00 ● OUTING : Sweet Berry Cafe [OT]
1:30 ● Afternoon Stroll
2:00 ● Chef Demo [LN]
3:00 ● Blues Music & Healthy Snack Social [MN]
3:30 ● Ring Toss! [LN]
6:15 ● Theme of the Month Movie: " Netflix Original" [LN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Chair Yoga [LS]
10:00 ● Bookmarks [MS]
10:30 ● Thymeless Smoothies [MN]
11:00 ● You Be the Judge [LS]
12:00 ● Lunch With Terrence [CR]
1:30 ● Afternoon Stroll
2:00 ● JENGA [MS]
3:00 ● Decade Hits & Healthy Snack Social [MN]
3:15 ● Entertainment [LB]
6:15 ● Sing-Along (IN2L) [LS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
10:00 ● Busy Bags [MS]
10:30 ● Thymeless Smoothies [MS]
10:45 ● Zumba Gold with Elizabeth [LS]
1:30 ● Afternoon Stroll
2:00 ● CRAFTER'S CORNER; Decorate Own Coffee Mugs [MN]
3:30 ● HAPPY HOUR [LB]
6:00 ● Manicures & Hand Massages [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Sitting Lightweights [LS]
– ● Thymeless Smoothies [LN]
11:00 ● Finishing Lyrics [LN]
1:30 ● Afternoon Stroll
2:00 ● Movie Matinee & Popcorn [LN]
2:30 ● Essence [SR]
3:00 ● Social Hour With Snacks [MN]
6:00 ● Mandala Art & Piano Delights [MS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Sit & Be Fit [LS]
10:30 ● Thymeless Smoothies [MS]
11:00 ● Christian Service with Pastor Dale [ER]
1:30 ● Afternoon Stroll
2:00 ● Essence [LN]
2:00 ● Puzzling Parlour [LN]
3:00 ● Classical Music & Healthy Snack Social [MN]
3:30 ● Helping Hands [LS]
6:15 ● Table Games [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Morning Rock n Roll & Poms [MS]
10:30 ● Catholic Mass & Communion [ER]
11:00 ● Holy Rosary [ER]
1:30 ● Afternoon Stroll
2:00 ● Science Hour [MN]
3:00 ● Soft Jazz & Healthy Snack Social [MN]
6:45 ● Karaoke Hour [LS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Senior Fit Aerobics [LS]
10:30 ● Thymeless Smoothies [MN]
11:15 ● Pastime Poetry Hour [LS]
1:30 ● Afternoon Stroll
2:00 ● Sparks [MN]
2:15 ● Old Maid Card Game [MS]
3:00 ● Bossa Nova & Healthy Snack Social [LN]
3:30 ● Picture Trivia! [LN]
6:15 ● BINGO [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● The Daily Chronicle [LS]
10:00 ● Prayer Circle with Mary [LN]
10:30 ● Chair Exercise with Susan [PTR]
10:30 ● Thymeless Smoothies [MN]
11:00 ● OUTING: David Nelson Book Talk & Piano Performance [OT]
1:30 ● Afternoon Stroll
2:00 ● Vintage Valentine Tea Party [LN]
3:00 ● Blues Music & Healthy Snack Social [MN]
3:30 ● Ring Toss! [LN]
6:15 ● Theme of the Month Movie: " Netflix Original" [LN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Chair Yoga [LS]
10:00 ● Bookmarks [MS]
10:30 ● Thymeless Smoothies [MN]
11:00 ● You Be the Judge [LS]
12:00 ● Lunch With Terrence [CR]
1:30 ● Afternoon Stroll
2:00 ● Casablanca Drive In [MS]
3:00 ● Decade Hits & Healthy Snack Social [MN]
3:15 ● Entertainment [LB]
6:15 ● Sing-Along (IN2L) [LS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Coffee Clutch With Terrence [LS]
10:30 ● Thymeless Smoothies [MS]
10:45 ● Zumba Gold with Elizabeth [LS]
1:30 ● Afternoon Stroll
2:00 ● CRAFTER'S CORNER; Creative Canavas Art [MN]
3:30 ● HAPPY HOUR [LB]
6:00 ● Manicures & Hand Massages [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Sitting Lightweights [LS]
– ● Thymeless Smoothies [LN]
11:00 ● Finishing Lyrics [LN]
1:30 ● Afternoon Stroll
2:00 ● Movie Matinee & Popcorn [LN]
2:30 ● Essence [SR]
3:00 ● Social Hour With Snacks [MN]
6:00 ● Mandala Art & Piano Delights [MS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Sit & Be Fit [LS]
10:15 ● High Rollers Bowling [LS]
10:30 ● Thymeless Smoothies [MS]
11:00 ● Christian Service with Pastor Dale [ER]
1:30 ● Afternoon Stroll
2:00 ● Essence [LN]
2:00 ● Puzzling Parlour [LN]
3:00 ● Classical Music & Healthy Snack Social [MN]
3:30 ● Helping Hands [LS]
6:15 ● Table Games [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Morning Boogie Woogie & Poms [MS]
10:30 ● Catholic Mass & Communion [ER]
11:00 ● Holy Rosary [ER]
1:30 ● Afternoon Stroll
2:00 ● OUTING : Scenic Drive [OT]
3:00 ● Soft Jazz & Healthy Snack Social [MN]
6:45 ● Karaoke Hour [LS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Senior Fit Aerobics [LS]
10:15 ● Songs by Heart Music Therapy [LS]
10:30 ● Thymeless Smoothies [MN]
11:15 ● Tongue Twister Tuesday [LS]
1:30 ● Afternoon Stroll
2:00 ● Sparks [MN]
2:15 ● Go Fish Card Game [MS]
3:00 ● Bossa Nova & Healthy Snack Social [LN]
3:30 ● Picture Trivia! [LN]
6:15 ● BINGO [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● The Daily Chronicle [LS]
10:00 ● Prayer Circle with Mary [LN]
10:30 ● Chair Exercise with Susan [PTR]
10:30 ● Thymeless Smoothies [MN]
1:30 ● Afternoon Stroll
2:00 ● Chef Demo [LN]
3:00 ● Blues Music & Healthy Snack Social [MN]
3:30 ● Ring Toss! [LN]
6:15 ● Theme of the Month Movie: " Netflix Original" [LN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Chair Yoga [LS]
10:00 ● Bookmarks [MS]
10:30 ● Thymeless Smoothies [MN]
11:00 ● Name That Love Song [LS]
12:00 ● Lunch With Terrence [CR]
1:30 ● Afternoon Stroll
2:00 ● BINGO [MS]
3:00 ● Decade Hits & Healthy Snack Social [MN]
3:15 ● Entertainment [LB]
6:15 ● Sing-Along (IN2L) [LS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Who's Got it Card Game? [LS]
10:30 ● Thymeless Smoothies [MS]
10:45 ● Zumba Gold with Elizabeth [LS]
1:30 ● Afternoon Stroll
2:00 ● CRAFTER'S CORNER; Roses Wreath [MN]
2:00 ● GBPL Library Ladies Program [MN]
3:30 ● HAPPY HOUR [LB]
6:00 ● Manicures & Hand Massages [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Shake away your taste [LN]
9:30 ● Sitting Lightweights [LS]
– ● Thymeless Smoothies [LN]
1:30 ● Afternoon Stroll
2:00 ● Movie Matinee & Popcorn [LN]
2:30 ● Essence [SR]
3:00 ● Social Hour With Snacks [MN]
6:00 ● Mandala Art & Piano Delights [MS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Sit & Be Fit [LS]
10:15 ● Horseraces [LS]
10:30 ● Thymeless Smoothies [MS]
11:00 ● Christian Service with Pastor Dale [ER]
1:30 ● Afternoon Stroll
2:00 ● Essence [LN]
2:00 ● OUTING : Music Performance at Gail Borden Library [OT]
3:00 ● Classical Music & Healthy Snack Social [MN]
3:30 ● Helping Hands [LS]
6:15 ● Table Games [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Morning Twist & Poms [MS]
10:30 ● Catholic Mass & Communion [ER]
11:00 ● Holy Rosary [ER]
1:30 ● Afternoon Stroll
2:00 ● Science Hour [MN]
3:00 ● Soft Jazz & Healthy Snack Social [MN]
6:45 ● Karaoke Hour [LS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Senior Fit Aerobics [LS]
10:30 ● Thymeless Smoothies [MN]
11:15 ● Tongue Twister Tuesday [LS]
1:30 ● Afternoon Stroll
2:00 ● Sparks [MN]
2:15 ● Garbage Card Game [MS]
3:00 ● Bossa Nova & Healthy Snack Social [LN]
3:30 ● Picture Trivia! [LN]
6:15 ● BINGO [MN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Church Service with Chaplain David [LS]
10:30 ● The Daily Chronicle [LS]
10:00 ● Prayer Circle with Mary [LN]
10:30 ● Chair Exercise with Susan [PTR]
10:30 ● Thymeless Smoothies [MN]
1:30 ● Afternoon Stroll
2:00 ● Cards of Love [LN]
3:00 ● Blues Music & Healthy Snack Social [MN]
3:30 ● Ring Toss! [LN]
6:15 ● Theme of the Month Movie: " Netflix Original" [LN]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Chair Yoga [LS]
10:00 ● Bookmarks [MS]
10:30 ● Thymeless Smoothies [MN]
11:00 ● You Be the Judge [LS]
12:00 ● Lunch With Terrence [CR]
12:00 ● RESIDENT BIRTHDAY LUNCH
1:30 ● Afternoon Stroll
2:00 ● BINGO [MS]
2:00 ● Library Fun & Facts [LN]
3:00 ● Decade Hits & Healthy Snack Social [MN]
3:15 ● Entertainment [LB]
6:15 ● Sing-Along (IN2L) [LS]

9:25 ● Cheesy & Funny Pickup Lines [LS]
9:30 ● Sitting Lightweights [LS]
– ● Thymeless Smoothies [LN]
1:30 ● Afternoon Stroll
2:00 ● Movie Matinee & Popcorn [LN]
2:30 ● Essence [SR]
3:00 ● Social Hour With Snacks [MN]
6:00 ● Mandala Art & Piano Delights [MS]