



- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

Location Keys
Memory Lane ML
Memory Care MC
Living Room LR

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
*Unlimited options,
Unparalleled Services*

WWW.SENIORLIFESTYLE.COM

Activities are subject to change

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
2:30 ● Friday Movie Time [ML]
3:00 ● Card Game [ML]
6:00 ● Evening Movie Time [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Ball Toss Fun [ML]
3:00 ● Snack & Chat [ML]
6:00 ● Evening IN2L Program [ML]

Daylight Saving Time Begins
9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Touch & Feel [ML]
3:00 ● IN2L Program / Dear Abby [ML]
6:00 ● Evening Movie & Popcorn night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Baking [ML]
2:30 ● Touch & Feel [ML]
3:00 ● IN2L Program / Dear Abby [ML]
6:00 ● Evening Movie & Popcorn Night [MC]

Election Day
9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Fruit Salad [ML]
2:30 ● Garden stroll [ML]
3:00 ● Arts & Crafts [ML]
6:00 ● Evening Movie & Popcorn Night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Smoothie Making [ML]
2:30 ● Garden stroll [ML]
3:00 ● Name that tune [ML]
6:00 ● Evening TV Game Show Family Feud [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
3:00 ● Name that tune [ML]
6:00 ● Evening AMC Channel 28 [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
2:30 ● Friday Movie Time [ML]
3:00 ● Card Game [ML]
6:00 ● Evening Movie Time [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Volleyball Fun [ML]
3:00 ● Snack & Chat [ML]
6:00 ● Evening IN2L Program [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Touch & Feel [ML]
3:00 ● IN2L Program / Dear Abby [ML]
6:00 ● Evening Movie & Popcorn night [MC]

Veterans Day
9:30 ● Morning Graceful Tunes [ML]
10:00 ● Veteran Day Ceremony [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Baking [ML]
2:30 ● Touch & Feel [ML]
3:00 ● IN2L Program / Dear Abby [ML]
6:00 ● Evening Movie & Popcorn Night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Baking Bread [ML]
2:30 ● Garden stroll [ML]
3:00 ● Arts & Crafts [ML]
6:00 ● Evening Movie & Popcorn Night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Squeezing Oranges [ML]
2:30 ● Garden stroll [ML]
3:00 ● Name that tune [ML]
6:00 ● Evening TV Game Show Family Feud [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
3:00 ● Name that tune [ML]
6:00 ● Evening AMC Channel 28 [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
2:30 ● Friday Movie Time [ML]
3:00 ● Card Game [ML]
6:00 ● Evening Movie Time [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Kick Ball [ML]
3:00 ● Snack & Chat [ML]
6:00 ● Evening IN2L Program [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Touch & Feel [ML]
3:00 ● IN2L Program / Dear Abby [ML]
6:00 ● Evening Movie & Popcorn night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Baking [ML]
2:30 ● Touch & Feel [ML]
3:00 ● IN2L Program / Dear Abby [ML]
6:00 ● Evening Movie & Popcorn Night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Baking Cookies [ML]
2:30 ● Garden stroll [ML]
3:00 ● Arts & Crafts [ML]
6:00 ● Evening Movie & Popcorn Night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Pie Making [ML]
2:30 ● Garden stroll [ML]
3:00 ● Name that tune [ML]
6:00 ● Evening TV Game Show Family Feud [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
2:30 ● Afternoon outing [ML]
3:00 ● Name that tune [ML]
6:00 ● Evening AMC Channel 28 [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
2:30 ● Friday Movie Time [ML]
3:00 ● Card Game [ML]
6:00 ● Evening Movie Time [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Squeeze Ball Fun [ML]
3:00 ● Snack & Chat [ML]
6:00 ● Evening IN2L Program [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Touch & Feel [ML]
3:00 ● IN2L Program / Dear Abby [ML]
6:00 ● Evening Movie & Popcorn night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Baking [ML]
2:30 ● Touch & Feel [ML]
3:00 ● IN2L Program / Dear Abby [ML]
6:00 ● Evening Movie & Popcorn Night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Trail Mix [ML]
2:30 ● Garden stroll [ML]
3:00 ● Arts & Crafts [ML]
6:00 ● Evening Movie & Popcorn Night [MC]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Embrace Thymeless Program/ Fruit Salad [ML]
2:30 ● Garden stroll [ML]
3:00 ● Name that tune [ML]
6:00 ● Evening TV Game Show Family Feud [ML]

Thanksgiving
9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
11:00 ● Thanksgiving Luncheon [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
3:00 ● Name that tune [ML]
6:00 ● Evening Thanksgiving Movie [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
10:30 ● Morning Sit & Reach Exercise [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Hydration Station/Fushion Water [ML]
2:30 ● Friday Movie Time [ML]
3:00 ● Card Game [ML]
6:00 ● Evening Movie Time [ML]

9:30 ● Morning Graceful Tunes [ML]
10:00 ● Coffee & Tea Time [ML]
12:30 ● Afternoon Relaxation Story Time [ML]
2:00 ● Afternoon Puzzle Time [ML]
2:30 ● Yoga Ball [ML]
3:00 ● Snack & Chat [ML]
6:00 ● Evening IN2L Program [ML]