						The Manor
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIGH	I HATE R LIVING	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 11:00 Game Club 2:30 Afternoon Tea 3:30 Sing-a-Long with Luis	9:00 Daily Chronicles 9:30 Silver Sneakers Walking Club- Resident lead 10:00 Shopping Walmart 11:00 Gardening Club 1:30 Exercise: Wednesday Weights 2:00 BINGO	9:00 Daily Chronicles 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise: Gentle Range of Motion 1:30 Pokeno 3:00 Happy Hour	9:00 Daily Chronicles 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 12:00 Fourth of July Celebration 2:30 Yankee Doodle Dandy Movie and Popcorn 4:00 Game Club	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 11:00 Men's Group & Coffee 1:30 BINGO 3:30 Marvelous Manicures & Hand Massage
9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:00 Exercise 10:30 Communion w/ St Joseph Catholic Church (Act. 2nd Floor) 2:00 Talk of the Table Social Hour 3:00 Snack Social	9:30 Silver Sneakers Walking Club- Resident lead 10:00 Weekly Planning Meeting 11:00 Exercise 2:00 Room Visits 3:00 Dominoes Club	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 11:00 Game Club: Shut The Box 1:30 Coloring Club 3:00 Talk of the Table Social Hour & Popcorn	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:00 Weekly Shopping: Fred Myers 1:30 Exercise 2:00 BINGO 3:30 National Sugar cookie Day & Social	Daily Schedule  9:30 Silver Sneakers Walking Club- Resident le 10:30 Exercise 1:30 Pokeno 3:30 Happy Hour with Bill Ally	10:30 Exercise 11:00 Current Events & Coffee n & 12:00 Pizza Friday & Birthdays 1:30 Scenic Drive	9:00 Daily Chronicles 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 11:00 BINGO 2:00 Birthday party for Lucille
9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:00 Exercise 10:30 Communion w/ St Joseph Catholic Church (Act. 2nd Floor) 2:00 Game Club & Social 3:00 Snack Social		9:00 Daily Chronicles 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 11:00 Coffee Meeting & Social 2:00 Coloring Club 3:00 Afternoon Tea	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:00 Weekly Shopping: Safeway East Wenatchee! 1:30 Exercise 2:00 BINGO	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident le 10:30 Exercise 11:00 Current Events & Coffee 1:00 Pokeno 3:30 Happy Hour: House Warr Party!	9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 12:00 Resident Ambassador Luncheon	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 11:00 Cookies & Coffee Social 1:30 BINGO! 3:30 Marvelous Manicures & Hand Massage
9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:00 Exercise 10:30 Communion w/ St Joseph Catholic Church (Act. 2nd Floor) 2:00 Game Club & Social 3:00 Snack Social	9:30 Silver Sneakers Walking Club- Resident lead 10:00 Pastries & Weekly Planning Meeting 11:00 Exercise 2:30 Resident Room Visits 3:30 Dominoes Club	9:00 Daily Chronicles 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise 11:00 Coloring Club 2:00 Game Club! Shut The Box 3:30 Banana Split Social	9:30 Silver Sneakers Walking Club- Resident lead 10:00 Exercise 11:00 Creative Crew! Pottery Clay 2:00 Wellness Day: With Marla, Exercise & Heart Health 3:00 BINGO	9:30 Silver Sneakers Walking Club- Resident le 10:30 Exercise: Gentle Range of Motion 12:00 Carving Cart 1:30 Pokeno 3:00 Happy Hour with Bill Ally	9:30 Silver Sneakers Walking Club- Resident lead 10:30 Weekly Shopping! Senior Center 1:30 Exercise 3:00 Scenic Drive	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise: Parachute Waves 1:30 BINGO! 3:00 Marvelous Manicures and Hand Massages
9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Communion w/ St Joseph Catholic Church (Act. 2nd Floor) 2:00 Game Club & Social 3:00 Snack Social	9:30 Silver Sneakers Walking Club- Resident lead 10:00 Pastries & Weekly Planning Meeting 10:30 Exercise 1:00 Creative Crew 3:30 Game Club: Shut The Box	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:30 Exercise: Gentle Range of Motion 3:30 Music with Mike Bills	9:00 Chronicle News and Daily Schedule 9:30 Silver Sneakers Walking Club- Resident lead 10:00 Weekly Shopping: Target 10:30 Exercise: Wednesday Weights 12:00 Picnic Lunch: Rocky Reach Dam 2:00 BINGO! 3:30 Wine Tasting with Miranda	Daily Schedule 9:30 Silver Sneakers Walking Club- Resident le 10:30 Exercise: Gentle Range o	A STATE OF THE STA	