

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Weights &amp; Vitals (5) 1</b> 1 <sup>st</sup> - 4 <sup>th</sup> <b>Assisted &amp; Residential Living</b>  <b>Sunday Message With Dr. DeLong (6)</b> 2:30-3:30 Living Room 	<b>Exercise (1) 2</b> 10:30-11:00 TV Room  <b>Bingo! (2,3)</b> 2:00-3:00 2 <sup>nd</sup> FI Act. Room	<b>Salon Open 3</b> AM/PM Walk (1,7,8) 10:00-11:00/3:00-4:00 Fig 8 Lynchburg Library (2,3,5) 10:00-11:30 Outing Bridge (2,3,5) 2:00-5:00 Gr FI Card Room	<b>Banking/Post Office (4,7) 4</b> 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room Discussing Falls-PT Part 2(2,3,5) 3:00-4:00 Living Room	<b>Focus Group (2,3,5) 5</b> 10:00-10:30 1 <sup>st</sup> FI Annex Meet in Sunroom Focus Group (2,3,5) 10:30-11:00 2 <sup>nd</sup> FI Annex Meet in Sunroom Bingo! (2,3) 2:00-3:00 2 <sup>nd</sup> FI Act. Room 	<b>Exercise (1) 6</b> 10:30-11:00 TV Room  Bible Trivia (2,3,6) 11:15-11:45 Library Popcorn Social (2,5) 2:00-3:00 Screened Porch	<b>AM/PM Walk (1,7,8) 7</b> 10:00-11:00/3:00-4:00 Fig 8  <b>Wii Bowling (1,2,3,5)</b> 2:30-3:30 TV Room
<b>Sunday Message TRBC TV *WSET (6) 8</b> 11:00-12:00 	<b>Exercise (1) 9</b> 10:30-11:00 TV Room <b>Bingo! (2,3)</b> 2:00-3:00 2 <sup>nd</sup> FI Act. Room 	<b>Salon Open 10</b> AM/PM Walk (1,7,8) 10:00-11:00/3:00-4:00 Fig 8 Will-Mart (4) 10:00-11:30 Consignment Shop/Goodwill Shopping (2,4,5,8) 2:00-4:00 Outing	<b>Banking/Post Office (4,7) 11</b> 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room Afternoon Ride (2,5,7,8) 1:30-3:00 Outing	<b>Focus Group (2,3,5) 12</b> 10:00-10:30 Assisted Living Meet in Library Focus Group (2,3,5) 10:30-11:00 Main Meet in 2 <sup>nd</sup> FI Act Area Piano Music w/Judy (2,5,6) 4:00-5:00 Living Room	<b>Exercise (1) 13</b> 10:30-11:00 TV Room  Bible Trivia (2,3,6) 11:15-11:45 Library Guided Meditation (1,2,5) 3:00-4:00 Living Room	<b>AM/PM Walk (1,7,8) 14</b> 10:00-11:00/3:00-4:00 Fig 8  <b>Coffee/Tea Social (2,5)</b> 2:30-3:30 Lobby  <b>Wii Bowling (1,2,3,5)</b> 2:30-3:30 TV Room
<b>Sunday Message With Dr. DeLong (6) 15</b> 2:30-3:30 Living Room 	<b>Exercise (1) 16</b> 10:30-11:00 TV Room  <b>Bingo! (2,3)</b> 2:00-3:00 2 <sup>nd</sup> FI Act. Room	<b>Salon Open 17</b> AM/PM Walk (1,7,8) 10:00-11:00/3:00-4:00 Fig 8  Peaks View Park & Wendy's Lunch (2,5,7,8) 11:45-3:00 Outing	<b>Banking/Post Office (4,7) 18</b> 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room Bridge (2,3,5) 2:00-5:00 Gr FI Card Room	<b>Bingo! (2,3) 19</b> 10:30-11:30 2 <sup>nd</sup> FI Act. Room  Ice Cream Sundae Social (2,5) 2:30-3:30 Screened Porch 	<b>Exercise (1) 20</b> 10:30-11:00 TV Room  Bible Trivia (2,3,6) 11:15-11:45 Library Giant Scrabble (2,3,5) 2:00-3:30 2 <sup>nd</sup> FI Act Rm	<b>AM/PM Walk (1,7,8) 21</b> 10:00-11:00/3:00-4:00 Fig 8  <b>Wii Bowling (1,2,3,5)</b> 2:30-3:30 TV Room 
<b>Sunday Message TRBC TV *WSET (6) 22</b> 11:00-12:00 	<b>Exercise (1) 23</b> 10:30-11:00 TV Room <b>Bingo! (2,3)</b> 2:00-3:00 2 <sup>nd</sup> FI Act. Room 	<b>Salon Open 24</b> AM/PM Walk (1,7,8) 10:00-11:00/3:00-4:00 Fig 8 Will-Mart (4) 10:00-11:30 Bridge (2,3,5) 2:00-5:00 Gr FI Card Room	<b>Banking/Post Office (4,7) 25</b> 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room A Day Downtown Lunch & Browsing (2,4,7,8) 11:45-3:30 Outing	<b>Bingo! (2,3) 26</b> 10:30-11:30 2 <sup>nd</sup> FI Act. Room Piano Music w/Judy (2,5,6) 4:00-5:00 Living Room 	<b>Exercise (1) 27</b> 10:30-11:00 TV Room  Bible Trivia (2,3,6) 11:15-11:45 Library McKinley Cardwell (2,5) 2:00-3:00 Living Room	<b>AM/PM Walk (1,7,8) 28</b> 10:00-11:00/3:00-4:00 Fig 8  <b>Lemonade (2,5)</b> 2:30-3:30 Lobby  <b>Wii Bowling (1,2,3,5)</b> 2:30-3:30 TV Room
<b>Sunday Message With Dr. DeLong (6) 29</b> 2:30-3:30 Living Room 	<b>Happy Memorial Day! 30</b> <b>Exercise (1)</b> 10:30-11:00 TV Room  <b>Bingo! (2,3)</b> 2:00-3:00 2 <sup>nd</sup> FI Act. Room 	<b>Salon Open 31</b> AM/PM Walk (1,7,8) 10:00-11:00/3:00-4:00 Fig 8 Walmart (2,4,5,8) 2:00-4:00 Outing Bridge (2,3,5) 2:00-5:00 Gr FI Card Room	<h1>May 2022</h1>			

\*All Activities are subject change

9-11:45 = AM Hours 12-9 = PM Hours

(1) PHYSICAL (2) SOCIAL (3) COGNITIVE/INTELLECTUAL/CREATIVE (4) PRODUCTIVE (5) SENSORY (6) REFLECTIVE/CONTEMPLATIVE (7) OUTDOOR (8) NATURE/NATURAL

