

SAMPLE ACTIVITIES CALENDAR

Independent Living

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 A.M. Water Exercise	9:30 A.M. StaytonFit	9:00 A.M. Core Class	9:30 A.M. Body/Strength Class	9:00 A.M. Water Class
10:00 A.M. Tai Chi Class	10:00 A.M. Mary Kay Facials	10:00 A.M. Chair Yoga	10:00 A.M. Men's Coffee	10:00 A.M. Mahjong Class
1:00 P.M. Line Dancing	10:30 A.M. Stayton Stummers	11:30 A.M. Communion for All	10:30 A.M. Card Games	10:45 A.M. Lunch Outing to Joe T. Garcia's
2:00 P.M. Art Class	12:00 P.M. Bridge Games	1:00 P.M. Drama Club	2:00 P.M. Healing Hearts	2:00 P.M. Pilates
3:00 P.M. Meditation Class	1:30 P.M. Target Outing	2:00 P.M. Knitting/Social Group	4:30 P.M. Happy Hour!	3:00 P.M. Men's Stretching Class
4:00 P.M. French Class	7:30 P.M. Talk about Tuesday: Stayton Resident with a Poetry Presentation	4:00 P.M. Spanish Class	7:30 P.M. Bingo	4:00 P.M. Ping Pong Practice