

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:30 Sit And Be Fit Chair Exercise 1</p> <p>10:20 Indoor Golf Putting</p> <p>11:10 Coloring by Number</p> <p>1:30 Movie Time</p> <p>3:00 Hole Toss Game</p> <p>3:45 Aromatherapy And Hand Massage</p> <p>4:15 Meditation In The Sun room</p>	<p>9:30 Chair Stretching With Bands 2</p> <p>10:20 Bingo</p> <p>11:10 Picture Trivia</p> <p>1:30 Watercolor Painting</p> <p>3:00 Horseshoe Toss</p> <p>3:45 Word Within A Word</p> <p>4:15 Let's Water Community Plant's</p>	<p>9:30 Sit And Be Fit Chair Exercise 3</p> <p>10:20 Culinary Creations</p> <p>11:20 Jokes and Riddles</p> <p>1:30 Bean Bag Toss/Board Games</p> <p>2:20 Name that tune</p> <p>3:05 Arts & Crafts</p> <p>4:00 Daily Chronicle & News</p>	<p>9:30 Chair Yoga DVD 4</p> <p>10:20 Nail Day With Calming Music</p> <p>11:15 Sorting & Organizing</p> <p>1:30 Reminiscing - Getting to know you</p> <p>2:20 Dancing And Music With Instruments</p> <p>3:10 Reading A Poem with Discussion</p> <p>4:00 Tennis Ball Race</p>	<p>9:30 Sit And Be Fit Chair Exercise 5</p> <p>10:00 Meridian Service With Pastor Ruben</p> <p>10:30 Culinary Creations</p> <p>11:00 Tia The Therapy Dog</p> <p>2:00 Live Piano Performance with Yan Skladman</p> <p>3:00 Happy Hour: Drinks & Appetizers</p> <p>4:00 Bowling And Darts</p>	<p>8:30 Bus Outing: IHop Breakfast Outing 6</p> <p>9:30 Sit and Be Fit Video</p> <p>10:20 Arts & Crafts</p> <p>11:10 Bingo for Candy</p> <p>1:30 Movie and Popcorn</p> <p>3:00 Cards and Puzzles</p> <p>4:00 Afternoon Social With Scones & Coffee</p>	<p>7:30 St. Joseph's Catholic Church Morning Mass 7</p> <p>9:30 Sit And Be Fit Chair Exercise</p> <p>10:20 Culinary Creations</p> <p>11:10 Checkers</p> <p>1:30 Short Stories</p> <p>2:20 Sorting & Organizing</p> <p>3:10 Coloring by Number</p> <p>4:00 Daily News Article</p>	
<p>Daylight Saving Time Begins 8</p> <p>9:30 Sit And Be Fit Chair Exercise</p> <p>10:20 Indoor Golf Putting</p> <p>11:10 Coloring by Number</p> <p>1:30 Movie Time</p> <p>3:00 Hole Toss Game</p> <p>3:45 Aromatherapy And Hand Massage</p> <p>4:15 Meditation In The Sun room</p>	<p>9:30 Chair Stretching With Bands 9</p> <p>10:20 Bingo</p> <p>11:10 Picture Trivia</p> <p>1:30 Watercolor Painting</p> <p>3:00 Horseshoe Toss</p> <p>3:45 Word Within A Word</p> <p>4:15 Let's Water Community Plant's</p>	<p>9:30 Sit And Be Fit Chair Exercise 10</p> <p>10:20 Culinary Creations</p> <p>11:10 Ipad Photography Teaching</p> <p>1:30 Arts & Crafts</p> <p>1:30 Bus Outing: Lakes Bowl</p> <p>2:20 Trivia Social</p> <p>3:10 Make A Word Game</p> <p>4:00 Daily News Article</p>	<p>9:30 Chair Yoga DVD 11</p> <p>10:20 Nail Day With Calming Music</p> <p>11:10 Parachute Fun</p> <p>1:30 Tennis Ball Race</p> <p>2:20 Cards And Puzzles</p> <p>3:10 Sorting & Organizing</p> <p>4:00 Words Starting with "B"</p>	<p>9:30 Sit And Be Fit Chair Exercise 12</p> <p>10:20 Culinary Creations</p> <p>11:00 Tia The Therapy Dog</p> <p>1:30 Lawn Darts</p> <p>2:00 Dancerize with Louie</p> <p>3:00 Happy Hour: Drinks & Appetizers</p> <p>4:00 Word Within A Word</p>	<p>9:30 Sit and Be Fit Video 13</p> <p>10:00 Bus Outing:Lunch at Bristol 45 Diner</p> <p>10:30 Canine 4 Comfort Therapy Dogs</p> <p>11:00 Aromatherapy And Hand Massage</p> <p>1:30 Movie and Popcorn</p> <p>3:00 Bingo For Candy</p> <p>4:00 Reading A Poem with Discussion</p>	<p>7:30 St. Joseph's Catholic Church Morning Mass 14</p> <p>9:30 Sit And Be Fit Chair Exercise</p> <p>10:15 St. Patrick's Parade Lake Villa</p> <p>10:20 Culinary Creations</p> <p>11:10 Checkers</p> <p>1:30 Movie and Popcorn</p> <p>2:20 Arts & Crafts</p> <p>3:10 Milkshake Social</p> <p>4:00 Daily Chronicle</p>	
<p>9:30 Sit And Be Fit Chair Exercise 15</p> <p>10:20 Indoor Golf Putting</p> <p>11:10 Coloring by Number</p> <p>1:30 Movie Time</p> <p>3:00 Hole Toss Game</p> <p>3:45 Aromatherapy And Hand Massage</p> <p>4:15 Meditation In The Sun room</p>	<p>9:30 Chair Stretching With Bands 16</p> <p>10:20 Bingo</p> <p>11:10 Picture Trivia</p> <p>1:30 Watercolor Painting</p> <p>3:00 Horseshoe Toss</p> <p>3:45 Word Within A Word</p> <p>4:15 Let's Water Community Plant's</p>	<p>St. Patrick's Day 17</p> <p>9:30 Sit And Be Fit Chair Exercise</p> <p>10:20 Culinary Creations</p> <p>11:10 Watercolor Painting</p> <p>1:00 Bus Outing: Botanical Garden Orchid Show</p> <p>1:30 Lawn Darts</p> <p>3:00 St. Patrick's Happy Hour With Entertainment</p> <p>4:15 Building With Blocks</p>	<p>9:30 Chair Yoga DVD 18</p> <p>10:20 Nail Day With Calming Music</p> <p>11:15 Word Within A Word</p> <p>1:30 Arts & Crafts</p> <p>3:30 Movie and Popcorn</p> <p>4:00 Name that tune</p>	<p>9:30 Sit And Be Fit Chair Exercise 19</p> <p>10:20 Culinary Creations</p> <p>11:00 Tia The Therapy Dog</p> <p>3:00 Happy Hour: Drinks & Appetizers</p> <p>3:30 Operation Board Game</p> <p>4:15 Color Me Calm</p>	<p>9:30 Sit and Be Fit Video 20</p> <p>10:20 Word Within A Word</p> <p>10:30 Bus Outing: Brookfield Zoo</p> <p>11:10 Bean Bag Toss/Board Games</p> <p>1:30 Arts & Crafts</p> <p>2:20 Trivia Time</p> <p>3:10 Daily Chronicle</p> <p>4:00 Creating a poem</p>	<p>7:30 St. Joseph's Catholic Church Morning Mass 21</p> <p>9:30 Sit And Be Fit Chair Exercise</p> <p>10:20 Culinary Creations</p> <p>11:10 Parachute Fun</p> <p>1:30 Sort & Fold</p> <p>2:20 Bowling</p> <p>3:10 Ipad Photography Teaching</p> <p>4:00 Daily Chronicle & News</p>	
<p>9:30 Sit And Be Fit Chair Exercise 22</p> <p>10:20 Indoor Golf Putting</p> <p>11:10 Coloring by Number</p> <p>1:30 Movie Time</p> <p>3:00 Hole Toss Game</p> <p>3:45 Aromatherapy And Hand Massage</p> <p>4:15 Meditation In The Sun room</p>	<p>9:30 Chair Stretching With Bands 23</p> <p>10:20 Bingo</p> <p>11:10 Picture Trivia</p> <p>1:30 Watercolor Painting</p> <p>3:00 Horseshoe Toss</p> <p>3:45 Word Within A Word</p> <p>4:15 Let's Water Community Plant's</p>	<p>9:30 Sit And Be Fit Chair Exercise 24</p> <p>10:00 Bus Outing: \$6 Movie Gurnee Cinemas</p> <p>10:20 Culinary Creations</p> <p>11:10 Checkers</p> <p>1:30 Movie and Popcorn</p> <p>3:10 Watercolor Painting</p> <p>4:00 Unwind Hot Chocolate Social</p>	<p>9:30 Chair Yoga DVD 25</p> <p>10:20 Nail Day With Calming Music</p> <p>1:30 Trivia Guess That Picture Game</p> <p>2:20 Balloon Volley Ball</p> <p>3:10 Creating a poem</p> <p>4:00 Gen-Narrations</p>	<p>9:30 Sit And Be Fit Chair Exercise 26</p> <p>10:20 Culinary Creations</p> <p>11:00 Tia The Therapy Dog</p> <p>11:10 Checkers</p> <p>1:30 Movie and Popcorn</p> <p>3:00 Happy Hour: Drinks & Appetizers</p> <p>4:00 Building With Blocks</p>	<p>9:30 Sit and Be Fit Video 27</p> <p>10:15 Daily Chronicle</p> <p>10:30 Canine 4 Comfort Therapy Dogs</p> <p>11:00 Balloon Volley Ball</p> <p>11:30 Bus Outing: Lunch at Cheesecake Factory</p> <p>1:30 Short Stories</p> <p>2:00 Vocal & Piano Entertainment With Jane</p> <p>3:00 Bingo For Candy</p> <p>4:00 Unwind Hot Tea Social</p>	<p>7:30 St. Joseph's Catholic Church Morning Mass 28</p> <p>9:30 Sit And Be Fit Chair Exercise</p> <p>10:20 Culinary Creations</p> <p>11:10 Connect 4 & Board Games</p> <p>1:30 Word Within A Word</p> <p>2:20 Bean Bag Toss</p> <p>3:10 Name that tune</p> <p>4:00 Arts & Crafts</p>	
<p>9:30 Sit And Be Fit Chair Exercise 29</p> <p>10:20 Indoor Golf Putting</p> <p>11:10 Coloring by Number</p> <p>1:30 Movie Time</p> <p>3:00 Hole Toss Game</p> <p>3:45 Aromatherapy And Hand Massage</p> <p>4:15 Meditation In The Sun room</p>	<p>9:30 Chair Stretching With Bands 30</p> <p>10:20 Bingo</p> <p>11:10 Picture Trivia</p> <p>1:30 Watercolor Painting</p> <p>3:00 Horseshoe Toss</p> <p>3:45 Word Within A Word</p> <p>4:15 Let's Water Community Plant's</p>	<p>9:30 Sit And Be Fit Chair Exercise 31</p> <p>10:20 Culinary Creations</p> <p>11:10 Card Games</p> <p>1:00 Bus Outing: Scenic Drive</p> <p>1:30 Movie and Popcorn</p> <p>3:10 Beading With Beads</p> <p>4:00 Trivia Time</p>	<p>Travanse Living at Grayslake Life. Uplifted.</p>			<ul style="list-style-type: none"> Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well 	