

Monthly Activities Calendar *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:15 Beginners Paining 3:00 Art History Lecture- Ancient Greece	2 1:00 Wine and Cheese Social 7:00 Lecture- Tips for Eating Right	3 1:15 Yoga 2:30 Eleanor Roosevelt Documentary Screening	4 12:30 Chalk Art 2:45 Seated Strength Training 3:30 Afternoon Board Games	5 10:00 Exercise with Ashleigh 1:00 Great Courses Lecture Series- National Parks	6 10:45 Trivia Challenge 7:00 Bingo Night with Prizes
7 11:00 Brunch with Entertainment 3:00 Exercise with Kim	8 2:15 Sing-a-Long Social 3:30 Manicures 2:15 Tai Chi	9 10:45 Card Games 2:00 Coloring Club 6:15 Movie Night	10 10:15 Arts & Crafts 1:15 Yoga 7:00 Lecture- Heart and Brain Health	11 9:30 Crafty Ladies Club 10:15 Cooking Club 2:45 Seated Strength Training	12 1:30 Great Courses Lecture Series- The American Colonies 2:15 Walking Club	13 11:00 Jewelry Event- Tips for Buying and Selling 3:00 Afternoon Line Dancing
14 2:00 Music and Singers of WWII 3:00 Exercise with Kim	15 10:15 Live Music Entertainment 7:00 Step by Step Dance Group	16 8:30 Resident Birthday Breakfast Celebration 1:00 Wine and Cheese Social	17 11:00 Cooking Class and Demo 1:15 Yoga	18 1:00 Art History Lecture- Jan Veermer 2:45 Seated Strength Training	19 1:15 Great Courses Lecture Series- American Monuments 2:15 Tai Chi	20 10:45 Trivia Challenge 7:00 Bingo Night with Prizes
21 11:00 Brunch with Entertainment 1:00 Bake Sale! 3:00 Exercise with Kim	22 10:15 Arts & Crafts 7:00 Performance by Delaware Valley Coral Society	23 10:30 Art Therapy 2:00 Coloring Club 3:30 Gardening Club	24 10:30 Art History Lecture Series- Van Gogh and the Impressionists 1:15 Yoga	25 10:15 Musical Entertainment by Mike King 4:30 Themed Dinner	26 1:15 Great Courses Lecture Series- Space 2:00 Sips & Dips Social Hour	27 11:45 Luncheon with Strolling Entertainment 6:00 New Resident Celebration Dinner
28 3:00 Exercise with Kim 7:00 Olney Symphony Orchestra Performace	29 1:00 Art History Lecture Series- Rembrandt	30 1:00 Wine and Cheese Social 3:00 Book Club and Discussions				

*Sample Monthly Calendar reflects a selection of community activities based on previous monthly activity schedules. Current activities calendar may vary. Please contact sales manager for the current month's calendar for community activities.