


Activity Calendar *sample*



RiverWest
SENIOR LIVING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. 9:30am Coffee Social 10:30am Group Walk 12:00pm Lunch 2:00pm Garland Crafting	2. 9:30am Coffee & Nail Care 10:30am Group Walk 12:00pm Lunch 2:00pm Happy Hour	3. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm Room Visits	4. 9:30am Coffee & Nail Care 10:30am Group Walk 12:00pm Lunch 2:00pm Happy Hour	
	7. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm BINGO	8. 9:30am Coffee Social 10:30am Exercise 12:00pm Lunch 2:00pm Walmart Trip	9. 9:30am Coffee & Questions 10:30am Group Walk 12:00pm Lunch 2:00pm Happy Hour	10. 9:30am Coffee Social 10:30am Group Walk 12:00pm Lunch 2:00pm Museum Trip	11. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm BINGO	
	14. 9:30am Coffee & Questions 10:30am Group Walk 12:00pm Lunch 2:00pm Happy Hour	15. 9:30am Coffee Social 10:30am Group Walk 12:00pm Lunch 2:00pm BINGO	16. 9:30am Coffee Social 10:30am Group Walk 12:00pm Lunch 2:00pm Water Color	17. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm Room Visits	18. 9:30am Morning Chit Chat 10:30am Science Project 12:00pm Lunch 2:00pm Exercise	
	21. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm Exercise	22. 9:30am Coffee Social 10:30am Group Walk 12:00pm Lunch 2:00pm Movie & Popcorn	23. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm Trivia	24. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm Room Visits	25. 9:30am Coffee Social 10:30am Exercise 12:00pm Lunch 2:00pm Walmart Trip	
	28. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm Room Visits	29. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm Bean Bag Toss	30. 9:30am Morning Chit Chat 10:30am Group Walk 12:00pm Lunch 2:00pm Exercise			