












INDEPENDENT LIVING







SUNDAY

-  9:00 a.m. GROUP WALK
-  10:00 a.m. ESPRESSO SOCIAL
-  11:00 a.m. SPIRITUAL MUSIC
-  12:00 p.m. PUZZLES
-  1:00 p.m. RUMMIKUB
-  6:00 p.m. MOVIE NIGHT







MONDAY

-  9:00 a.m. GROUP WALK
-  10:00 a.m. WATER AEROBICS
-  11:00 a.m. MEXICAN TRAIN/
MAHJONG
-  12:00 p.m. PUZZLES
-  2:00 p.m. BLOODY MARY MONDAY
-  3:00 p.m. PAINTING







TUESDAY

-  9:00 a.m. GROUP WALK
-  11:00 a.m. SEATED STRETCHING
-  12:00 p.m. PUZZLES
-  2:00 p.m. BIBLE STUDY
-  3:00 p.m. HAPPY HOUR
-  6:00 p.m. GAME NIGHT








WEDNESDAY

-  9:00 a.m. GROUP WALK
-  10:00 a.m. WATER AEROBICS
-  11:00 a.m. CIRCUIT EXERCISES
-  1:00 p.m. CARDS
-  3:00 p.m. COFFEE HOUR
-  6:00 p.m. GAME NIGHT






THURSDAY

-  9:00 a.m. GROUP WALK
-  11:00 a.m. EXERCISING
-  1:00 p.m. MEXICAN TRAIN
-  1:00 p.m. MAHJONG
-  3:00 p.m. HAPPY HOUR
-  6:00 p.m. GAME NIGHT

FRIDAY

-  9:00 a.m. GROUP WALK
-  10:00 a.m. PRAYER/COMMUNION
-  10:00 a.m. WATER AEROBICS
-  11:00 a.m. OPEN GYM
-  11:30 a.m. MATINEE MOVIE
-  11:45 a.m. LUNCH TRIP
-  2:00 p.m. GAMES

SATURDAY

-  9:00 a.m. GROUP WALK
-  10:00 a.m. ESPRESSO SOCIAL
-  10:00 a.m. BRIDGE
-  2:00 p.m. BINGO
-  6:15 p.m. GAME NIGHT



Highpoint
at Cape Coral