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

苏 11:00 a.m. EXERCISING 1:00 p.m. MEXICAN TRAIN



1:00 p.m. MAHJONG



3:00 p.m. HAPPY HOUR



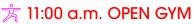
6:00 p.m. GAME NIGHT

FRIDAY

9:00 a.m. GROUP WALK

† 10:00 a.m. PRAYER/COMMUNION

|| 10:00 a.m. WATER AEROBICS





🚝 11:30 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

SUNDAY

12:00 p.m. OPEN GYM

1:00 p.m. GAMES

2:00 p.m. JIGSAW PUZZLES

3:00 p.m. CORNHOLE

MONDAY

10:00 a.m. WATER AEROBICS

10:30 a.m. FITNESS CLASS

1:00 p.m. MAHJONG

2:30 p.m. JIGSAW PUZZLES

3:00 p.m. COFFEE BAR/

REFRESHMENTS

TUESDAY

10:00 a.m. CHAIR STRETCHES

11:00 a.m. YOGA WITH LISA

1:30 p.m. RESIDENT ACTIVITY

MEETING

2:00 p.m. BIBLE STUDY

2:30 p.m. JIGSAW PUZZLES

3:00 p.m. ENTERTAINMENT

PROGRAMMING

THURSDAY

10:00 a.m. GARDEN CLUB

10:30 a.m. CHAIR STRETCHES

1:30 p.m. SOCIAL OUTING

2:30 p.m. JIGSAW PUZZLES

3:00 p.m. GAMES

FRIDAY

10:00 a.m. WATER AEROBICS

10:30 a.m. CHAIR CARDIO

11:00 a.m. EXERCISE/BALANCE

CLASSES

3:00 p.m. COCKTAILS

WITH KAYLA

3:30 p.m. CHARADES

SATURDAY

12:00 p.m. OPEN GYM

1:00 p.m. BINGO

2:00 p.m. MAHJONG

2:30 p.m. JIGSAW PUZZLES

3:00 p.m. GAMES

WEDNESDAY

10:00 a.m. WATER AEROBICS

10:00 a.m. BEACH VOLLEYBALL

1:00 p.m. BINGO

2:30 p.m. JIGSAW PUZZLES

3:00 p.m. COCKTAILS

3:30 p.m. WORD SCRAMBLE

