











# 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

## 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

## 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

## 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



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