













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
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ASSISTED LIVING







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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