

## EXAMPLE ACTIVITIES

### **Monday**

9:30 - Live 2B Healthy Exercise Class  
10:30 - Coffee in the Bistro  
2:00 - Walking Group: Selby Ave Stroll  
3 & 7 - Movie in the Community Room  
4:00 - Resident Meeting & Snacks

### **Wednesday**

9:00 - Live 2B Healthy Exercise Class  
11:00 - Grocery Run on the SH Bus  
2:00 - Ukulele Sing Along  
3 & 7 - Weekly Documentary Film  
4:00 - Tech Support and Tutorials

### **Friday**

9:00 - Live 2B Healthy Exercise Class  
10:00 - Coffee in the Bistro  
11:00 - Garden Group  
2:00 - Happy Hour & Mocktails  
4:00 - Bingo Night!

### **Tuesday**

9:30 - Group Meditation  
10:30 - Discussion Group: Current Events  
12:00 - Baseball Lunch in the Bistro  
2:00 - Monthly Birthday Celebration  
3 & 7 - Limited Series Screenings

### **Thursday**

10:00 - Tai Chi Exercise Class  
11:00 - Group Volunteers: Tie Blankets  
3:00 - Happy Hour  
4:00 - Craft Club: Watercolors  
6:00 - Cribbage and Canasta

### **Saturday / Sunday**

9:00 - Chair Yoga / Mass Service  
10:00 - St. Paul Farmer's Market (Sat)  
1:00 - Watch the Twins Game (Sun)  
3:00 - Newest Release / Internat'l Film  
6:00 - Social Game Night



