



		Tuesday			Wednesday			Friday
			1	9:00 – 9:30	Coffee & Chit Chat	3	9:00 – 9:30	Coffee & Chit Chat
				9:30 – 10:00	Chair Exercises & Breathing		9:30 – 10:00	Movin' & Groovin' Exercise
				10:00 – 10:40	Word Game		10:00 – 10:30	Board Games
				10:40- 11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
				11:30- 12:15	Lunch		11:30- 12:15	Lunch
				12:15- 1:00	Art Therapy With Alexa and a visit with Roxy		12:15- 1:30	Shabbat Entertainment
				1:00- 1:30	Gardening		1:30- 2:00	Rhymes With
				1:30- 2:00	Afternoon Stretch			
7	9:00 – 9:30	Coffee & Chit Chat	8	9:00 – 9:30	Coffee & Chit Chat	10	9:00 – 9:30	Coffee & Chit Chat
	9:30 – 10:00	Yoga & Stretching		9:30 – 10:00	Yoga & Stretching		9:30 – 10:00	Movin' & Groovin' Exercise
	10:20- 10:40	Hangman Word Game		10:00 – 10:40	Share & Reflect		10:00 – 10:30	Bingo
	10:45- 11:30	The Best Music Therapy With Noreena		10:40- 11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
	11:30- 12:15	Lunch		11:30- 12:15	Lunch		11:30- 12:15	Lunch
	12:15- 1:15	Visit With Viv		12:15- 1:00	Art Therapy With Alexa and a visit with Roxy		12:15- 1:30	Shabbat Entertainment
	1:15- 2:00	Brain Games		1:00- 1:30	Gardening		1:30- 2:00	Rhymes With
				1:30- 2:00	Afternoon Stretch			
14	9:00 – 9:30	Coffee & Chit Chat	15	9:00 – 9:30	Coffee & Chit Chat	17	9:00 – 9:30	Coffee & Chit Chat
	9:30 – 10:00	Movin' & Groovin' Exercise		9:30 – 10:00	Movin' & Groovin' Exercise		9:30 – 10:00	Chair Exercises & Breathing
	10:20- 10:40	Word Scrabble		10:00 – 10:40	Word Game		10:00 – 10:30	Would you rather?

	10:45- 11:30	The Best Music Therapy With Noreena		10:40- 11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
	11:30- 12:15	Lunch		11:30- 12:15	Lunch		11:30- 12:15	Lunch
	12:15- 1:15	Visit With Viv		12:15- 1:00	Art Therapy With Alexa and a visit with Roxy		12:15- 1:30	Shabbat Entertainment
	1:15- 2:00	What would you do?		1:00- 1:30	Gardening		1:30- 2:00	Ball Toss
				1:30- 2:00	Afternoon Stretch			
21	9:00 – 9:30	Coffee & Chit Chat	22	9:00 – 9:30	Coffee & Chit Chat	24	9:00 – 9:30	Coffee & Chit Chat
	9:30 – 10:00	Chair Exercises & Breathing		9:30 – 10:00	Chair Exercises & Breathing		9:30 – 10:00	Yoga & Stretching
	10:20- 10:40	How Many Words?		10:00 – 10:40	Hangman Word Game		10:00 – 10:30	Color By Numbers
	10:45- 11:30	The Best Music Therapy With Noreena		10:40- 11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
	11:30- 12:15	Lunch		11:30- 12:15	Lunch		11:30- 12:15	Lunch
	12:15- 1:15	Visit With Viv		12:15- 1:00	Art Therapy With Alexa and a visit with Roxy		12:15- 1:30	Shabbat Entertainment
	1:15- 2:00	Free Draw		1:00- 1:30	Gardening		1:30- 2:00	Word Game
				1:30- 2:00	Afternoon Stretch			
28	9:00 – 9:30	Coffee & Chit Chat	29	9:00 – 9:30	Coffee & Chit Chat			
	9:30 – 10:00	Yoga & Stretching		9:30 – 10:00	Chair Exercises & Breathing			
	10:20- 10:40	Puzzles		10:00 – 10:40	Word Game			
	10:45- 11:30	The Best Music Therapy With Noreena		10:40- 11:30	Positive Thoughts & What's Happening			
	11:30- 12:15	Lunch		11:30- 12:15	Lunch			
	12:15- 1:15	Visit With Viv		12:15- 1:00	Art Therapy With Alexa and a visit with Roxy			
	1:15- 2:00	Color By Number		1:00- 1:30	Gardening			
				1:30- 2:00	Afternoon Stretch			

