

# Sample Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00 A.M.</b> Early Bird Water Exercise	<b>9:30 A.M.</b> Tone & Balance Class	<b>9:00 A.M.</b> Ladies Coffee	<b>8:00 A.M.</b> Early Bird Water Exercise	<b>9:00 A.M.</b> Shopping Trip to Food Lion
<b>10:00 A.M.</b> Chair Yoga	<b>10:00 A.M.</b> Worship & Praise	<b>10:00 A.M.</b> Shopping Trip to Farmer's Market	<b>10:00 A.M.</b> Activity Committee Meeting	<b>10:00 A.M.</b> CPR class
<b>1:00 P.M.</b> Shopping Trip to Aldi	<b>12:00 P.M.</b> Blood Pressure Checks	<b>11:00 A.M.</b> Wheelchair/Walker/ Cane Repair Workshop	<b>11:00 A.M.</b> Hot Dog Lunch Fundraiser for the	<b>10:30 A.M.</b> Brain Fitness Class
<b>1:30 P.M.</b> WhiteStone Men to Lunch at Country BBQ	<b>1:00 P.M.</b> Golden K Kiwanis Meeting	<b>1:00 P.M.</b> Cheer and Care Committee Meeting	<b>12:00 P.M.</b> Massages in the Spa	<b>12:00 P.M.</b> Resident Spotlight Event
<b>2:00 P.M.</b> Monday Movie Madness & Popcorn	<b>2:00 P.M.</b> Handbell Choir Practice	<b>2:30 P.M.</b> Fredd Reyes, Singer/ Guitarist, Performance	<b>1:00 P.M.</b> Woodcarving	<b>11:00 A.M.</b> Farm-to-Table Event
<b>2:30 P.M.</b> Stand-up Comedian	<b>3:00 P.M.</b> Shopping Trip to Wal-Mart	<b>3:00 P.M.</b> Ping Pong	<b>2:00 P.M.</b> Tai Chi	<b>2:00 P.M.</b> Butterbean Auction
<b>3:00 P.M.</b> Chair Volleyball	<b>6:00 P.M.</b> Lemonade & Cookies	<b>6:00 P.M.</b> Bingo Night	<b>4:00 P.M.</b> WhiteStone's Bargain Basement Store Open	<b>4:00 P.M.</b> Weekly WINE down