

BROOKFIELD WEEKLY PROGRAMS

Monday

- 9:00 Sit Fit
- 9:30 Grocery Shopping (Senior Living)
- 9:30 Morning Chat
- 10:00 Gentle Sit Fit and Movement
- 10:00 Lutheran Service (4th)
- 10:30 Brain Teaser Games
- 11:00 Gym and Fitness Equipment Session
- 1:00 Personal Menu Planning
- 1:15 Sit Fit and Active Movement
- 1:30 Craft Corner
- 2:00 Walk it Up
- 3:00 Walking Club
- 3:45 Reflection
- 4:00 Games
- 6:30 Evening Fun

Tuesday

- 9:30 Morning Chat
- 10:30 Table Games
- 11:15 Tai Chi
- 1:00 Blood Pressure Screening
- 1:30 What's Cooking?
- 1:30 Day Trip (Assisted Living)
- 3:00 Rosary
- 3:30 Bible Study (2nd & 4th)
- 3:45 Reflection
- 4:00 Games
- 6:30 Bingo



Wednesday

- 9:00 Sit Fit
- 9:30 Morning Chat
- 10:00 Protestant Service (1st & 3rd)
- 10:00 Gentle Sit Fit and Movement
- 10:30 Active Games
- 11:00 Balance, Stretch & Stability
- 1:00 Ask the Nurse
- 1:15 Sit Fit and Active Movement
- 1:30 Basic Computer Classes
- 1:30 Wii Games
- 2:00 Walk it Up
- 3:00 Walking Club
- 3:45 Reflection
- 4:00 Games
- 6:30 Bunco

Thursday

- 9:30 Morning Chat
- 10:30 News Currents
- 10:30 Movement Exercises
- 1:00 Blood Pressure Screening
- 2:00 Social Hour
- 3:45 Reflection
- 4:00 Games
- 6:30 Fun Traditions

Friday

- 9:00 Morning Devotion with Chaplain
- 9:30 Morning Chat
- 9:45 Music & Ministry
- 10:30 Game Show Games
- 11:00 Scripture with Chaplain
- 11:00 Nail Spa
- 1:30 Afternoon Outing (Attended Care)
- 1:30 Sew Fun
- 1:30 Bible Characters with Chaplain
- 3:00 Chat with Chaplain
- 3:45 Reflection
- 4:00 Games
- 6:30 Cinema Flicks

Saturday

- 11:00 Games
- 1:00 Bingo Fun
- 3:30 Catholic Service
- 4:00 Catholic Service
- 6:30 Cinema Flicks



Sunday

- 9:30 Open Gym
- 10:00 Open Card Games
- 1:30 Cinema Flicks



Attended Care Schedule

A variety of programs are offered with the focus on maintaining independence while providing stimulating and interesting activities. Programs are subject to change.

- 8:15 Breakfast Discussion
- 10:30 Morning Gathering
- 11:45 Gather for Lunch Bunch Discussion
- 1:30 Sunday Afternoon Matinee
- 4:00 Game Time
- 5:15 Gather for Dinner Discussion
- 6:30 Evening Chat