

# MUSKEGO WEEKLY PROGRAMS

## Monday

- 9:00 Tai Chi seasonal sessions
- 9:30 Morning Devotion with Chaplain
- 9:30 Grocery Shopping (Senior Living)
- 9:30 Morning Chat
- 9:45 Music & Ministry
- 10:30 Brain Teaser Games
- 11:00 Scripture at Grand Manor
- 1:30 What's Cooking?
- 1:30 Basic Computer Class
- 1:30 Scripture at South Manor
- 3:00 Scripture at South Manor
- 4:00 Games
- 6:30 Evening Fun

## Tuesday

- 9:00 Sit Fit
- 9:00 Knit & Crochet Group
- 9:30 Morning chat
- 9:45 Aerobic Dance and Movement
- 10:30 Word Games
- 10:30 Be Fit
- 11:30 Gentle Sit Fit and Movement
- 1:00 Arthritis Class
- 1:30 Craft Corner
- 2:00 Walking Club
- 2:30 Chapel Service
- 3:00 Open Gym
- 4:00 Games
- 6:30 Bunco



## Wednesday

- 9:30 Morning Chat & Dog Visit
- 10:30 Active Games
- 12:45 Wii Bowling League
- 1:00 Ask the Nurse
- 1:00 Nail Spa
- 1:30 Day Trip (Assisted Living)
- 2:00 Devotion with Chaplain
- 3:30 Hand Chimes
- 4:00 Games
- 6:30 Bingo Fun



## Thursday

- 9:00 Sit Fit
- 9:30 Morning chat
- 9:45 Aerobic Dance and Movement
- 10:30 News Currents
- 10:30 Be Fit
- 11:30 Gentle Sit Fit and Movement
- 1:00 Blood Pressure Screening
- 1:00 Arthritis Class
- 1:30 Lutheran Service
- 2:15 Chair Yoga
- 3:00 Open Gym
- 3:00 Social Hour
- 4:00 Regency Community Chorus
- 6:30 Arm Chair Travels

## Friday

- 9:30 Morning Chat
- 10:30 Game Show Games
- 1:30 Sewing Fun
- 1:30 Afternoon Outing (Attended Care)
- 4:00 Sing-a-Long
- 6:30 Cinema Flicks

## Saturday

- 11:00 Games
- 1:00 Bingo Fun
- 2:30 Rosary
- 3:00 Catholic Service
- 6:30 Cinema Flicks

## Sunday

- 9:30 Open Gym
- 10:00 Open Card Games
- 1:30 Sunday Matinee Movie



Programs subject to change.

## Attended Care Daily 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