## ADULT DAY CENTER ACTIVITY CALENDAR

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**Low impact excercise at least twice daily!**

### Monday
- **9:00** Daily Chronicle
- **9:30** Sit and Be Fit!
- **10:15** Pet Therapy Visit with Brody and AL/ADC
- **10:30** Donuts and Photos with AL/ADC Patio
- **2:00** Chair Yoga
- **2:30** Travel Club: Swaziland
- **3:30** Group Game: Checkers

### Tuesday
- **9:00** Daily Chronicle
- **9:30** Sit and Be Fit!
- **10:15** Bible Study
- **2:00** Music and Movement
- **3:30** BINGO!

### Wednesday
- **9:00** Daily Chronicle
- **9:30** Ageless Grace Exercise
- **10:00** Linked Senior
- **11:30** Lunch at the Reserve at the Highlands
- **2:00** A-Z Fruits and Veggies
- **3:00** Chair Aerobics w/ Sue
- **3:30** A League of Their Own

### Thursday
- **9:00** Daily Chronicle
- **9:30** Sit and Be Fit!
- **10:00** Craft: Apples
- **2:00** Social with AL: Back to School
- **3:30** Who Am I?

### Friday
- **10:00** Shopping Trip
- **2:00** Cardio Strength & Stretch w/Sue
- **4:00** Happy Hour

### Saturday
- **10:00** Shopping Trip
- **2:00** Cardio Strength & Stretch w/Sue
- **4:00** Happy Hour

### Options at the end of the day may include word games, table games, adult coloring, puzzles, moves, news, magazines, etc.