



**Weekly Activity Guide**  
(Sample #1)

| <b><u>DATE:</u></b>     | <b><u>ACTIVITY:</u></b>                                                | <b><u>LOCATION:</u></b>                  |
|-------------------------|------------------------------------------------------------------------|------------------------------------------|
| <b><u>Monday</u></b>    |                                                                        |                                          |
| 10:00 AM                | Morning Exercise & Table Top Bowling                                   | 1 <sup>st</sup> Fl. Dining Room          |
| 2:15 PM                 | Word Games                                                             | Recreation Room                          |
| 4:00 PM                 | Current Events – Conversation & Discussion                             | 1 <sup>st</sup> Fl. Dining Room          |
| <b><u>Tuesday</u></b>   |                                                                        |                                          |
| 10:00 AM                | Exercise & Basketball                                                  | 1 <sup>st</sup> Fl. Dining Room          |
| 2:15 PM                 | Bingo                                                                  | Recreation Room                          |
| 4:00 PM                 | Trivia – Contests & Discussion                                         | 1 <sup>st</sup> Fl. Dining Room          |
| <b><u>Wednesday</u></b> |                                                                        |                                          |
| 10:00 AM                | Morning Stretch & Bean Bag Toss                                        | 1 <sup>st</sup> Fl. Dining Room          |
| 2:15 PM                 | Journey's End Tournament of Roses Parade and Humorous Quotes           | Recreation Room                          |
| 4:00 PM                 | Spelling Bee Buzz Words                                                | 1 <sup>st</sup> Fl. Dining Room          |
| <b><u>Thursday</u></b>  |                                                                        |                                          |
| 10:00 AM                | Armchair Aerobics & Catch                                              | 1 <sup>st</sup> Fl. Dining Room          |
| 2:15 PM                 | Bingo                                                                  | Recreation Room                          |
| 4:00 PM                 | Creative Musings                                                       | 1 <sup>st</sup> Fl. Dining Room          |
| <b><u>Friday</u></b>    |                                                                        |                                          |
| 10:00 AM                | L'il Shop & Library; Room Visits; In-Room Activities Set Up & Supplies | All Floors                               |
| 2:00 PM                 | SPCA Golden Outreach Pet Visit Program                                 | All Floors                               |
| 3:00 PM                 | Afternoon Tea                                                          | Main Living Room / KE                    |
| <b><u>Saturday</u></b>  |                                                                        |                                          |
| 10:00 AM                | Rosary with Saint Augustines                                           | 3L                                       |
| 2:00 PM                 | Pet Visit Program with Our Hart Volunteers                             | SCU, 1 <sup>st</sup> Fl. Dining Room, 3L |
| <b><u>Sunday</u></b>    |                                                                        |                                          |
| 9:00 AM                 | Catholic Service & Communion                                           | KE                                       |
| 9:30 AM                 | Catholic Service & Communion                                           | SCU                                      |
| 10:30 AM                | Bingo with Patty                                                       | Recreation Room                          |
| 2:00 PM                 | Religious Service with Reverend Kuhl                                   | KE                                       |
| 4:00 PM                 | Sunday Afternoon Movies                                                | 1L & 3L                                  |



**Weekly Activity Guide**  
(Sample #2)

| <b><u>DATE:</u></b>     | <b><u>ACTIVITY:</u></b>                                                | <b><u>LOCATION:</u></b>                  |
|-------------------------|------------------------------------------------------------------------|------------------------------------------|
| <b><u>Monday</u></b>    |                                                                        |                                          |
| 10:00 AM                | Monthly Resident Council Meeting                                       | Recreation Room                          |
| 2:15 PM                 | Match First & Last Names                                               | Recreation Room                          |
| 4:00 PM                 | Current Events – Conversation & Discussion                             | 1 <sup>st</sup> Fl. Dining Room          |
| <b><u>Tuesday</u></b>   |                                                                        |                                          |
| 10:00 AM                | Exercise The Parachute Game                                            | 1 <sup>st</sup> Fl. Dining Room          |
| 2:15 PM                 | Bingo                                                                  | Recreation Room                          |
| 4:00 PM                 | Puzzle Group                                                           | 1 <sup>st</sup> Fl. Dining Room          |
| <b><u>Wednesday</u></b> |                                                                        |                                          |
| 10:00 AM                | Morning Stretch & Balloon Volleyball                                   | 1 <sup>st</sup> Fl. Dining Room          |
| 2:15 PM                 | Arts & Crafts with Patty; Art Project for Garden Party                 | Recreation Room                          |
| <b><u>Thursday</u></b>  |                                                                        |                                          |
| 10:00 AM                | Exercise & Ring Toss                                                   | 1 <sup>st</sup> Fl. Dining Room          |
| 2:15 PM                 | Bingo                                                                  | Recreation Room                          |
| 4:00 PM                 | Trivia – Discussion & Contests                                         | 1 <sup>st</sup> Fl. Dining Room          |
| <b><u>Friday</u></b>    |                                                                        |                                          |
| 10:00 AM                | L'il Shop & Library; Room Visits; In-Room Activities Set Up & Supplies | All Floors                               |
| 2:00 PM                 | SPCA Golden Outreach Pet Visit Program                                 | All Floors                               |
| 3:00 PM                 | Afternoon Tea                                                          | Main Living Room / KE                    |
| <b><u>Saturday</u></b>  |                                                                        |                                          |
| 10:00 AM                | Horse Racing & Table Top Bowling                                       | Recreation Room                          |
| 2:00 PM                 | Pet Visit Program with Our Hart Volunteers                             | SCU, 1 <sup>st</sup> Fl. Dining Room, 3L |
| 4:00 PM                 | Afternoon Movie                                                        | 1L & 3L                                  |
| <b><u>Sunday</u></b>    |                                                                        |                                          |
| 9:00 AM                 | Catholic Service & Communion                                           | KE                                       |
| 9:30 AM                 | Catholic Service & Communion                                           | SCU                                      |
| 10:30 AM                | Bingo with Patty                                                       | 1 <sup>st</sup> Fl. Dining Room          |
| 2:00 PM                 | Religious Service with Reverend Kuhl                                   | KE                                       |
| 4:00 PM                 | Music Appreciation                                                     | 1 <sup>st</sup> Fl. Dining Room          |



**Weekly Activity Guide**  
(Sample #3)

**DATE:**

**ACTIVITY:**

**LOCATION:**

**Monday**

|          |                                      |
|----------|--------------------------------------|
| 10:00 AM | Morning Exercise & Table Top Bowling |
| 2:15 PM  | Famous Sweethearts & Other Trivia    |
| 4:00 PM  | Word Games                           |

1<sup>st</sup> Fl. Dining Room  
Recreation Room  
1<sup>st</sup> Fl. Dining Room

**Tuesday**

|          |                               |
|----------|-------------------------------|
| 10:00 AM | Morning Stretch & Horse Shoes |
| 2:15 PM  | Bingo                         |
| 4:00 PM  | Around The House Lotto Game   |

1<sup>st</sup> Fl. Dining Room  
Recreation Room  
1<sup>st</sup> Fl. Dining Room

**Wednesday**

|          |                                    |
|----------|------------------------------------|
| 10:00 AM | Armchair Aerobics & Soccer         |
| 2:15 PM  | Crossword & Word Search Puzzle Fun |
| 4:00 PM  | News & Views                       |

1<sup>st</sup> Fl. Dining Room  
Recreation Room  
1<sup>st</sup> Fl. Dining Room

**Thursday**

|          |                                  |
|----------|----------------------------------|
| 10:00 AM | Armchair Fitness & Bean Bag Toss |
| 2:15 PM  | Bingo                            |
| 4:00 PM  | Discussion                       |

1<sup>st</sup> Fl. Dining Room  
Recreation Room  
1<sup>st</sup> Fl. Dining Room

**Friday**

|          |                                                                           |
|----------|---------------------------------------------------------------------------|
| 10:00 AM | L'il Shop & Library; Room Visits; In-Room Activities<br>Set Up & Supplies |
| 2:00 PM  | SPCA Golden Outreach Pet Visit Program                                    |
| 3:00 PM  | Afternoon Tea                                                             |

All Floors  
  
All Floors  
Living Room / KE

**Saturday**

|          |                                  |
|----------|----------------------------------|
| 10:00 AM | Horse Racing & Table Top Bowling |
| 2:00 PM  | Arts & Crafts                    |
| 4:00 PM  | Puzzle Group                     |

1<sup>st</sup> Fl. Dining Room  
Recreation Room  
1<sup>st</sup> Fl. Dining Room

**Sunday**

|          |                                                                                                 |
|----------|-------------------------------------------------------------------------------------------------|
| 9:00 AM  | Catholic Service & Communion                                                                    |
| 9:30 AM  | Catholic Service & Communion                                                                    |
| 10:30 AM | Bingo with Patty                                                                                |
| 2:00 PM  | The Kids Care Group Entertains At Victoria Home<br>Social Hour with Refreshments After The Show |

KE  
SCU  
Recreation Room  
Main Living Room