


SAMPLE ACTIVITY AND FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Fitness 1 10:30 Aerobics 1:30 Alzheimer's Support Group 2:00 Guided Cardio	9:15 Chorale, 2 10:00 Leg Strength & Balance 10:45 Tai Chi 11:00 Water Class 1:00 Scrabble 2:00 Leg Strength & Balance	9:30 Coffee & 3 Coloring 10:00 Fitness 10:00 Billiards 10:30 Aerobics 2:00 Bingo 4:00 Bible Study 6:45 Bridge	11:00 Water Class 4 1:30 Mahjong 3:00 Dominoes 7:00 Bridge	10:00 Chair Yoga 5 10:15 HomeTrust Bank 11:00 B&S Gourmet Burger Bar Picnic, Café*	10:00 Line Dancing 6 1:30 Movie Day 1:45 Bridge
9:30 Sunday 7 School 5:00 E Building Social 7:00 Evening Worship	10:00 Fitness 8 10:00 Jim Vorberger, Singer/Guitarist 11:15 Water Class 2:00 Caregivers Support Group 2:00 Paint Class	9:15 Chorale 9 10:00 Leg Strength & Balance 10:45 Tai Chi 11:00 Water Class 1:00 Scrabble	9:30 Coffee & 10 Coloring 10:00 Fitness 10:00 Billiards 10:30 Aerobics 2:00 Bingo 4:00 Bible Study 6:45 Bridge	9:30 Catholic Mass 11 11:00 Water Class 1:00 Episcopal Communion 1:30 Mahjong 7:00 Bridge	10:00 Chair Yoga 12 10:00 First Pres Circle and Lunch	10:00 Line Dancing 13 1:30 Movie Day 1:45 Bridge
9:30 Sunday 14 School 7:00 Evening Worship	10:00 Fitness 15 10:30 Aerobics 11:00 Arkiver Presentation 11:15 Water Class 2:00 Guided Cardio	9:15 Chorale 16 10:00 Leg Strength & Balance 10:45 Tai Chi 11:00 Water Class 1:00 Scrabble 3:00 Genealogy Club 3:00 Puppy Play	9:30 Coffee & 17 Coloring 10:00 Fitness 10:00 Billiards 10:30 Aerobics 2:00 Bingo 4:00 Bible Study 6:45 Bridge	8:30 Men's Breakfast 18 9:30 Apartment Care 10:00 Hamricks Shopping 11:00 Water Class 1:30 Mahjong 2:00 Leg Strength & Balance 2:00 Writer's Workshop 7:00 Bridge	10:00 Fitness 19 10:00 Chair Yoga 1:00 Therapy Seminar 3:00 Book Club	10:00 Line Dancing 20 1:30 Movie Day 1:45 Bridge
9:30 Sunday 21 School 4:00 A Building Social 7:00 Evening Worship	10:00 Fitness 22 10:30 Aerobics 11:15 Water Class 2:00 Caregivers Support Group 2:00 Guided Cardio 2:00 Paint Class	9:15 Chorale 23 10:45 Tai Chi 11:00 Water Class 1:00 Scrabble 2:00 Parkinson's Support 3:00 Puppy Play	9:30 Coffee & 24 Coloring 10:00 Fitness 10:00 Billiards 10:30 Aerobics 11:15 Water Class 2:00 Bingo 4:00 Bible Study 6:45 Bridge	8:30 Birthday 25 Breakfast 11:00 Water Class 1:30 Mahjong 2:00 Leg Strength & Balance 7:00 Bridge	10:00 Chair Yoga 26 12:30 Ladies Luncheon	10:00 Line Dancing 27 1:30 Movie Day 1:45 Bridge
9:30 Sunday 28 School 7:00 Evening Worship	10:00 Fitness 29 10:30 Aerobics 11:15 Water Class 2:00 Guided Cardio	9:15 Chorale 30 10:45 Tai Chi 11:00 Water Class 1:00 Scrabble	9:30 Coffee & 31 Coloring 10:00 Fitness 10:00 Billiards 10:30 Aerobics 11:15 Water Class 2:00 Bingo 4:00 Bible Study 6:45 Bridge	 <p>Rolling Green VILLAGE Part of Greenville. Part of your family.</p>		



Managed by **Life Care Services®**
Rolling Green Village is a
not-for-profit community.