

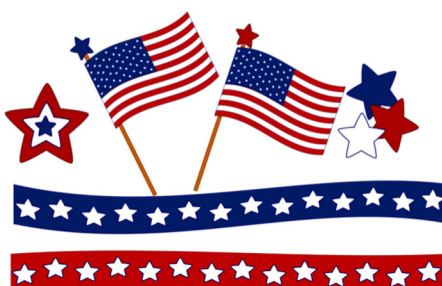


The Gables Life Enrichment Calendar



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Morning Exercise (1N) 10:00 Open Gym (FC) 10:30 Balloon Toss (1N) 10:30 Christ the Lord Service 1:30 Music with Megan (1S) 2:00 Gardening Time (P) 5:45 Word Games	2 <u>2 Can Bike Rides</u> 10:00 Morning Exercise (1S) 10:00 2 Can Bike Rides 10:00 Open Gym (FC) 10:30 Patio Time (1S) 1:45 Afternoon Aerobics (1N) 2:15 BINGO (1N) 6:00 Movie Night	3 9:00 Friendly Visits 10:00 Morning Exercise (1N) 10:30 Dominoes (1N) 11:00 Catholic Mass (MC) 2:00 Chapel Service (C) 2:30 4th of July Social (1N) 5:30 Trivia Night	4 *Independent Activity Packets are available 	5 9:00 Friendly Visits 10:00 Morning Exercise (1N) 10:30 Cards (1N) 2:00 Coffee & Coloring (1S) 2:30 Concert Series (EC)	6 10:00 Classic TV Shows 9:45 Balloon Toss (1S) 11:00 1:1 Visits (1N) 1:45 Patriotic Trivia (1S) 3:00 Patriotic Trivia (1N)
7 10:00 Classic TV Shows 9:45 Singalong (1S) 11:00 Singalong (1N) 2:00 BINGO (1N)	8 10:00 Morning Exercise (1N) 10:00 Open Gym (FC) 10:30 Balloon Toss (1N) 10:30 Christ the Lord Service 2:00 Patio Time (1N) 2:30 Bunny Visits (1N) 5:45 Word Games	9 10:00 Morning Exercise (1S) 10:00 Open Gym (FC) 10:30 Patio Time (1S) 1:45 Afternoon Aerobics (1N) 2:15 BINGO (1N) 6:00 Movie Night	10 9:00 Friendly Visits 10:00 Morning Exercise (1N) 10:30 Dominoes (1N) 11:00 Catholic Mass (MC) 2:00 Chapel Service (C) 2:30 Coffee Social Hour (1N) 5:30 Trivia Night	11 <u>Horse Hugs</u> 10:00 Morning Exercise (1N) 10:30 Horse Hugs (1N) 11:00 Rosary (C) 1:45 Afternoon Aerobics (1S) 2:00 Arts and Crafts (1S) 5:30 Outdoor Games	12 9:00 Friendly Visits 10:00 Morning Exercise (1N) 10:30 Cards (1N) 2:00 Coffee & Coloring (1S) 2:30 Concert Series (EC) 5:30 Cards	13 10:00 Classic TV Shows 10:30 Exercise (1N) 2:00 BINGO (1N)
14 10:00 Classic TV Shows 10:30 Exercise (1S) 1:45 Patio Time (1N) 2:45 Patio Time (1S)	15 10:00 Morning Exercise (1N) 10:00 Open Gym (FC) 10:30 Balloon Toss (1N) 10:30 Christ the Lord Service 1:30 Music with Megan (1S) 2:00 Gardening Time (P) 5:45 Word Games	16 <u>Resident Council</u> 10:00 Morning Exercise (1S) 10:30 Patio Time (1S) 1:45 Afternoon Aerobics (1N) 2:15 Resident Council (1N) 2:45 BINGO (1N) 6:00 Movie Night	17 9:00 Friendly Visits 10:00 Morning Exercise (1N) 10:30 Dominoes (1N) 11:00 Catholic Mass (MC) 2:00 Chapel Service (C) 2:30 Coffee Social Hour (1N) 5:30 Trivia Night	18 <u>Monthly Birthday Party</u> 9:00 Friendly Visits 10:00 Morning Exercise (1S) 10:30 Dominoes (1S) 11:00 Rosary (C) 1:45 Afternoon Aerobics (1N) 2:00 Birthday Party (1N) 5:30 Outdoor Games	19 10:00 Morning Exercise (1N) 10:30 Cards (1N) 2:00 Coffee & Coloring (1S) 2:30 Concert Series (EC) 5:30 Cards	20 10:00 Classic TV Shows 9:45 Ring Toss (1S) 11:00 1:1 Visits (1N) 1:45 Craft Time (1S) 3:00 Pretty Nails/ Patio Time (1N)
21 10:00 Classic TV Shows 9:45 Singalong (1S) 11:00 Singalong (1N) 1:45 Patio Time (1S) 3:00 Patio Time (1N)	22 10:00 Morning Exercise (1N) 10:00 Open Gym (FC) 10:30 Balloon Toss (1N) 10:30 Christ the Lord Service 2:00 Gardening Time (P)	23 10:00 Morning Exercise (1S) 10:00 Open Gym (FC) 10:30 Patio Time (1S) 1:45 Afternoon Aerobics (1N) 2:15 BINGO (1N)	24 9:00 Friendly Visits 10:00 Morning Exercise (1N) 10:30 Dominoes (1N) 11:00 Catholic Mass (MC) 2:00 Chapel Service (C) 2:30 Coffee Social Hour (1N)	25 9:00 Friendly Visits 10:00 Morning Exercise (1S) 10:30 Dominoes (1S) 11:00 Rosary (C) 1:45 Afternoon Aerobics (1N) 2:00 Arts and Crafts (1S)	26 9:00 Friendly Visits 10:00 Morning Exercise (1N) 10:30 Cards (1N) 2:00 Coffee & Coloring (1S) 2:30 Concert Series (EC) 3:00 Heart Music (1S)	27 10:00 Classic TV Shows 10:30 Exercise (1N) 2:00 1:1 Visits, Nails
28 10:00 Classic TV Shows 10:30 Exercise (1N) 1:45 1:1 Nails (1N) 2:45 1:1 Nails (1S) 3:30 Cards (1S)	29 <u>Drumming Group</u> 10:00 Morning Exercise (1N) 10:00 Open Gym (FC) 10:30 Christ the Lord Service (Channel 992) 10:30 Balloon Toss (1N) 2:45 Drumming Group (1N)	30 9:00 Friendly Visits 10:00 Morning Exercise (1S) 10:00 Open Gym (FC) 10:30 Patio Time (1S) 1:45 Afternoon Aerobics (1N) 2:15 BINGO (1N)	31 9:00 Friendly Visits 10:00 Morning Exercise (1N) 10:30 Dominoes (1N) 11:00 Catholic Mass (MC) 2:00 Chapel Service (C) 2:30 Coffee Social Hour (1N)		***Activities are subject to change. Please see the Scroller (Ch. 991 on your TV) for updates and changes.	Location Key: (MC) - Main Chapel (EC) - Event Center (C) - Care Center Chapel (FC) - Fitness Center (1N) - First Floor North (1S) - First Floor South (P) - Patio