

SUN MON TUE WED THU FRI SAT

					1	2	3
					9:00 AM- Coffee, Conversation, Comedy, Quizzes 9:15 AM- Balance & Stretch on 80 11:00 AM- Daily Chronicles (ADC - Adult Day Center) 1:00 PM- Sit & Be Fit on 80 3:30 PM- Healing Movement-NIA	9:00 AM- Coffee, Conversation, Comedy, Quizzes 10:00 AM- Music Therapy on Zoom 1:00 PM- Sit & Be Fit on 80 1:30 PM- Daily Chronicles (ADC - Adult Day Center) 2:00 PM- Sing A Long (ADC - Adult Day Center)	
	4	5	6	7	8	9	10
	9:00 AM- Coffee, Conversation, Comedy, Quizzes 9:15 AM- Balance & Stretch on 80 11:00 AM- Mind Fitness (ADC - Adult Day Center) 1:00 PM- Sit & Be Fit on 80 4:00 PM- Snack (ADC - Adult Day Center) 4:30 PM- Quizzes (ADC - Adult Day Center)	9:00 AM- Coffee, Conversation, Comedy, Quizzes 10:00 AM- Music Therapy on Zoom 11:00 AM- Daily Chronicles (ADC - Adult Day Center) 1:00 PM- Sit & Be Fit on 80 1:30 PM- YouTube (ADC - Adult Day Center) 4:00 PM- Cutting & Coloring (ADC - Adult Day Center)	9:00 AM- Coffee, Conversation, Comedy, Quizzes 11:00 AM- Easy Does it Exercise (ADC - Adult Day Center) 11:30 AM- Daily Chronicles (ADC - Adult Day Center) 1:00 PM- Sit & Be Fit on 80	9:00 AM- Coffee, Conversation, Comedy, Quizzes 9:15 AM- Balance & Stretch on 80 11:00 AM- Daily Chronicles (ADC - Adult Day Center) 1:00 PM- Sit & Be Fit on 80 3:30 PM- Healing Movement-NIA	9:00 AM- Coffee, Conversation, Comedy, Quizzes 10:00 AM- Music Therapy on Zoom 1:00 PM- Sit & Be Fit on 80 1:30 PM- Daily Chronicles (ADC - Adult Day Center) 2:00 PM- Sing A Long (ADC - Adult Day Center)		
	11	12	13	14	15	16	17
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