

Together focusing on
what we can do, not on
what we can't.






**Let's
Enjoy Life!**



Activity Schedule



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>10:30 Relaxation & Positive Affirmations</p>  <p>2:00 History, Nature or Travel Documentary</p>	<p>9:30 coffee/tea chat and news</p> <p>10:00 Chair Tai Chi</p> <p>2:00 Inner Creativity Hour</p> <p>Alternate weeks with Music and Art</p> <p>3pm Resident's Choice</p>	<p>10:00 Group Chair Exercise</p>  <p>Deep Breathing</p> <p>2:00 Matinee Movie time</p> <p>Enjoy classics, romance, westerns, musicals, comedies, & dramas</p>	<p>9:00 Community Adventures, Including:</p> <ul style="list-style-type: none"> -The Ferry & Devil's Lake Drive -Arboretum -Olbrich Gardens -UW Union Terrace -Monona Terrace Lunch -Fishing -Lake Mills square picnic -MSCR Pontoon Boat Rides -Friends of Pheasant Branch golf cart rides -ZOO -History Museum -Veteran's Museum -Capital Tour <p>2:00 Book Club Read Aloud</p>  <p>Alternate weeks with Writing Club and Journaling</p> <p>3pm Resident's Choice</p>	<p>10:00 Group Chair Exercise & Deep Breathing</p> <p>2:00 Ice Cream Bar Open</p>  <p>Sundaes Malts/Shakes Ice Cream Sodas and Cones plus Trivia & Reminisce.</p>	 <p>10am Pet Therapy</p> <p>2:00 Board/ cards games</p> <p>3pm Resident's Choice</p>	<p>10 am Group Walking, Stretching & Deep Breathing</p> <p>2:00 Matinee Movie Time</p>
--	--	--	---	---	---	--

