



## SAMPLE WEEKLY ACTIVITY SCHEDULE

### MONDAY – APPOINTMENT DAY

9:30a Shopping – Burlingame/Safeway & Walgreen’s  
11:00a Senior Fitnessize In Revere Room  
11:00a Resident Orientation In Private Dining Room  
11:30a Balance/Fall Workout In Revere Room  
11:30a Shopping- Tanforan Mall  
1:45p Bingo In Dining Room  
3:00p Library - Burlingame  
3:15p Tai Chi W/Michael In Revere Room  
5:30p Monday Night Football In Revere Room

### TUESDAY

9:00a – 2:00p Computer Class In Bristol Room  
9:30a Color Expressions In Mt. Vernon Room  
10:30a Outing: Mystery Trip  
11:00a Senior Fitnessize In Revere Room  
2:30p Travelogue  
4:30p Social Hour W/ Daniel Halford In Living Room  
7:00p Bridge In Bristol Room

### WEDNESDAY - APPOINTMENT DAY

9:00a Balance/Fall Workout In Revere Room  
9:30a Senior Fitnessize In Revere Room  
9:30a Shopping – Burlingame/Safeway & Walgreen  
10:00a Musical Potpourri In Living Room  
1:00p Birthday Party W/ Jim Murdoch  
2:00p Line Dancing W/Rudy In Revere Room  
4:00p Social Hour & Residents Holiday Party Begins

### THURSDAY – APPOINTMENT DAY

9:00a – 2:00p Computer Class In Bristol Room  
9:45a Coffee Klatch In Mt. Vernon Room  
10:30a Exercise To Asian Music/ Mind Jog In Revere Room  
1:30p Classical Piano: Bill Oden In Living Room  
7:00p Writers Workshop W/Ruth In Mt. Vernon Room  
7:00p St. Catherine’s Choir Performance

### FRIDAY

9:30a Shopping – Burlingame/Safeway & Walgreen’s  
9:30a Mt. Vernon Ladies Circle In Bristol Room  
11:00a Senior Fitnessize In Revere Room  
11:00a Sterling Walkers – Sawyer Camp Trail  
11:00a Senior Fitnessize  
11:30a Balance/Fall Workout In Revere Room  
12:45p Movie “Waitress” B’game Rec Center  
1:30p History W/Michael Svanevik In Revere Room  
3:00p Communion W/ Father Al In Revere Room  
3:00p Shabbat W/Rabbi Jay Miller In Bristol Room  
4:30p Social Hour W/ Peter Master In Living Room

### SATURDAY

9:00a – 1:00p Computer Class In Bristol Room  
11:00a Senior Fitnessize In Revere Room  
1:00p Bridge In Bristol Room  
5:15p 49Ers Football In Revere Room  
7:00p Evening Movie In Revere Room

### SUNDAY

10:00a Church  
11:00a Senior Fitnessize In Revere Room  
2:00p Ballroom Dance Class In Revere Room  
3:00p Tea Service In Living Room  
5:15p 49Er Football  
7:00p Evening Movie In Revere Room  
7:15p Blackjack! In Library