

Hyde Park – Living Joy Daily Activity Calendar

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Meal Time Music	Irish/Scottish	Classical	Caribbean	Country	Jazz	Big Bands	Religious
7:30-9:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30-10:30 am	Let's Get Moving WHOGA	Let's Get Moving Parachutes	Let's Get Moving- Noodle & Ribbon	Let's Get Moving- Warm up- Mobility for Life	Let's Get Moving- Rock & Roll Fitness	Let's Get Moving- Ball Toss	Let's Get Moving- Sittercise
10:30-11:00 am	Snack Time-	The Sentinel-	Current Events-	Flint Journal			
11-12:00-noon	Crafts	American Classic	Sing-A-Long	Letter Writing or Scrapbooking	Animal Adventures	Bingo	Amen Corner
12:00-1:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00pm	Explore Our World-All about Travel	Beauty Day (Foot Soak-Back Rubs-Hand Massages)	Men's Club Women-Flower Power	Bowling	Culinary Arts & Tasty Talk	Trivia	Sing- A-Long Praise & Worship
2:30-3:30 pm	Root Beer Floats	Wine & Cheese	Fruit Smoothies	Pretzels & Beer	Doris Day Tea	Cookies & Coco	Ice Cream Social
3:30-4:30 pm	Comedy Corner	Beauty Day (Foot Soak-Back Rubs-Hand Massages)	Everyday Life	Art Appreciation	Sounds/Memories & Music	Bowling Or Basketball	Story Telling & Bible Bits
5:00-6:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-9:00 pm	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
6:00-9:00 pm	News & Table Games-	News & Beauty Day (Foot Soak-Back Rubs-Hand Massages)	News & Yesterdays	News & Table Games-	News & Movies & Movie Stars	News & I Love Lucy	News & Puzzles with Me
7:00-9:00 pm	The Best of Dean Martin	The Carol Burnett Show	Western Movies	Shirley Temple or Red Skelton Show	The Bob Hope Show	The Lawrence Welk Show	The Hollywood Collection