



The Gables of Brighton Senior Living

• Everyday - 1:00 Walking Club (weather permitting) • Every Tuesday - 1:00 Walmart • Every Wednesday - 11:30 Lunch Outing • Every Thursday - 1:00 Mall Walks

MONDAY

10:00 Gentle Stretching
10:30 Stretch & Strengthen
11:00 Wii Bowling
2:00 Happy Hour
3:00 Music Monday
7:00 Card Club

TUESDAY

9:00 Friendly Visits
10:30 Sittercise
11:00 Pet Therapy
2:00 Happy Hour
2:15 Bingo
4:00 Polka Music
6:00 Movie

WEDNESDAY

9:00 Bible Study
10:30 Stretch & Strengthen
11:00 Pick Your Art
2:00 Happy Hour
3:15 Rehydrate
4:00 Balloon Volley
7:15 Worship Service

THURSDAY

10:00 Dog Visits
10:30 Sittercise
11:00 Brain Games
1:00 Bean Bag Toss
2:00 Happy Hour
3:00 Music with Melody
6:00 Painter's Pick

FRIDAY

9:00 Smooth Moves
10:30 Stretch & Strengthens
11:00 Favorite One Dish
1:00 Meals
2:00 Table Games
6:00 Happy Hour

SATURDAY

9:30 Nail Care
10:30 Stretch & Strengthen
11:00 Book Club
2:15 Bingo
4:00 Men's Club

SUNDAY

10:00 Stretch & Strengthen
11:00 Church Service
1:30 Devotion
3:00 Fellowship
4:00 Women's Club

Sample Calendar