

10+ SAMPLE MONTHLY & WEEKLY ACTIVITY PROGRAMS FOR SENIOR CARE

Senior Center - October 2013

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

PROGRAM - MAY 2013

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

DOV MACKAY UNIT ACTIVITY CALENDER APRIL 2013

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

Senior Center - February 2015

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

Senior Center - March 2015

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

Senior Center - April 2015

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

Senior Center - May 2015

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

Weekly Activities: 9 - 15 February 2015

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

WEEKLY ACTIVITY PROGRAM

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

Senior Center - January 2016

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room

Senior Center - February 2016

Day	Activity	Time	Location
Monday	Arts & Crafts	10:00 AM - 12:00 PM	Activity Room
Tuesday	Music	10:00 AM - 12:00 PM	Activity Room
Wednesday	Exercise	10:00 AM - 12:00 PM	Activity Room
Thursday	Reading	10:00 AM - 12:00 PM	Activity Room
Friday	Games	10:00 AM - 12:00 PM	Activity Room