

# AL Activities



## *Calendar Info*

### **Wake & Shake**

- Join us for Head to Toe, seated, stretches. Low impact, get your blood moving and joints warmed up for the day.

### **Memory Wake Ups**

- Word games and crossword puzzles to get your mind awake and working.

### **Empower Hour**

- Join Evan for an hour of Learning how to live your best life!

### **Misc Activities**

- Movie: Enjoy popcorn, soda, and a movie on the big TV
- Cell phone help: Need help with your cell, iphone, laptop, or TV.. this is the time to get it!
- Learners Corner: Different people will meet with us in the activities room to talk about different things that pertain to you.
- Hymn Sing Along: Join us at the big TV to sing some old-time hymns together.
- Bingo: Every Monday, Wednesday, and Friday at 2:30pm
- Coffee and chat: activities room we will sit around, eat some homemade snacks and drink coffee while enjoying good company.
- Townhall meeting: in dining area, all residents give input on the different departments and ways we can improve.
- Seated exercise - NEW exercise with light weights to help strengthen your muscles.
- Word Poker: bet chips and guess letters to find the word.
- Unscramble: How many words can you make out of the word listed

### **Outings**

- Library, Out to eat, shopping, plays, museums, parks ... Get out and enjoy the great community of Mt Juliet. Transportation is provided. No money is required for going out to eat, this will be put on your account.

### **Fellowship**

- Check out calendar for socials, parties, and gatherings. Make sure to check out the Wine and Cheese Social! we will have other drink and we hope to meet all new residents during this time

### **Weekends**

- Saturday and Sunday are independent activities. We have puzzles, brain games, movies, and social gatherings available at any time. We have Chair Yoga led by an instructor most Saturday mornings at 10:00am
- Sunday Church Service offered