



INDIAN RIVER REHABILITATION  
AND NURSING CENTER

# Sample Weekly Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30</b> Exercise & Stretch	<b>9:00</b> Wake & Shake	<b>9:00</b> Stretch & Bend	<b>9:00</b> Seniorcise	<b>9:00</b> Wake & Shake	<b>9:00</b> Seniorcise	<b>9:00</b> Coffee and donuts
<b>10:00</b> Religious Services	<b>10:00</b> Horticulture Club	<b>11:00</b> Arts & Crafts	<b>11:30</b> Once in a Blue Moon	<b>11:00</b> Current Events	<b>10:30</b> Strike up the band	<b>11:00</b> Cookie making
<b>11:15</b> Patio Pleasures	<b>11:30</b> Sit & Stretch	<b>2:30</b> Book Fair	<b>2:30</b> Dance to the music	<b>2:30</b> Live Entertainer/ Music	<b>2:30</b> Yoga	<b>2:30</b> Stories from the attic
<b>2:30</b> Cinema	<b>12:15</b> Personal Social Visits	<b>4:30</b> Basketball	<b>4:30</b> Sing a long	<b>4:30</b> who am I	<b>2:30</b> Birthday Bash	<b>3:45</b> Chair dancing through the decades
<b>4:15</b> Personal Social Visits	<b>2:30</b> Bingo	<b>6:45</b> Card Club	<b>6:30</b> Bowling	<b>6:45</b> Dice Game	<b>4:00</b> Happy Hour	
<b>8:15</b> The Great Musicals	<b>3:45</b> Wii Play	<b>7:30</b> Fashion Show	<b>7:45</b> Movie		<b>6:00</b> Bunco	<b>7:00</b> Western Theater
	<b>4:30</b> Horseshoes					
	<b>6:45</b> Pokeno					