

JONES-HARRISON GARDEN NEIGHBORHOOD

LIFE ENRICHMENT SAMPLE CALENDAR

MONDAY

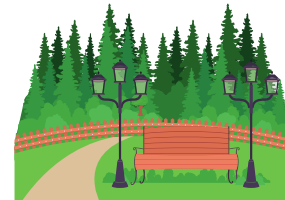
10:00 Wake-Up-and-Stretch
10:30 Women in History*
2:30 Garden Decorations
4:00 Table Games
6:00 Reminisce

*National Women's Day

TUESDAY

10:00 Morning Movement
10:30 Chaplain Chats*
2:30 Garden Nature Walk
4:30 TV-Program
6:00 Music Listening

*Julia Commons



WEDNESDAY

10:00 Tai-Chi with Wellness
10:30 Crossword Puzzles*
2:30 Scrapbooking
4:00 Trivia
6:00 TV-Program

*Julia Commons

THURSDAY

10:00 Move and Groove
10:30 Music History: Music & Film
2:30 Afternoon Snack & Chat
4:00 Evening Short Film
6:30 Puzzles

FRIDAY

10:00 Resistance and Release
10:30 Alfred Hitchcock:
Life and Stories
2:30 Art Program: Wind Chimes
4:00 Card Games
6:00 Podcast & Radio

SATURDAY

10:00 Exercise
10:30 Book Club
2:30 Indoor Gardening
4:00 Bingo
6:00 Sensory Program

SUNDAY

10:00 Worship Service*
2:30 Letter Writing
3:30 Comedy Night
6:00 Evening Movie

*Julia Commons



NOTES

Video Chats with loved ones are available, please email bblakey@jones-harrison.org to set up