

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Morning: Card Exercise with Sara Volleyball with Sara Roll the Dice Social with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: 10am: Card Exercise with Nicolette 10:30am:Tabletop Bowling w/Nicolette 11am: Volleyball w/Nicolette Afternoon: Summer Social w/Nicolette Name that Tune w/Nicolette Afternoon Movie Social Brain Fitness Early Evening: Indoor Golf Evening Group Mediation	Morning: Nature Appreciation Fitness & Cardio 11:30am: Pet Therapy with Marnie Afternoon: Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness Early Evening: Musical Creations Evening Group Mediation	Morning: 10am: Seated Tai Chi by Ann Sullo BINGO Sacred Heart Communion Brain Fitness Afternoon: Jenga Game Afternoon Movie Social Sit & Paint Early Evening: Refreshments & Music Spa Night	Morning: Card Exercise Volleyball Kitchen Creations Afternoon: Kitchen Creations Jewelry Designs Afternoon Movie Social Early Evening: Bean Bag Toss 10 Card Flip w/ Nayas Group Breathwork Exercise	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Karaoke Social Nature Appreciation Afternoon Group Seated Stretch Afternoon Movie Social Early Evening: Sit & Paint Short Stories Social
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Early Evening: Crossword Club Short Stories Social	Morning: Card Exercise with Sara Volleyball with Sara Roll the Dice Social with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: 10am: Card Exercise w/Nicolette 10:30am:Tabletop Bowling w/Nicolette 11am: Volleyball w/Nicolette Afternoon: Summer Social w/Nicolette Trivia Afternoon Movie Social Early Evening: Poetry Reading Social Kitchen Creations Music Appreciation	Morning: 10am: Out-trip with Nicolette & Jordyn Exercise to the Bee Gees 11:30am: Pet Therapy with Marnie Afternoon: Seated Stretching 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness Early Evening: Dessert Creations Evening Group Meditation	Morning: 10am: Seated Tai Chi by Ann Sullo BINGO Sacred Heart Communion 11am: Let's Get Crafty with Nicolette Afternoon: Candy Land Board Game Afternoon Movie Social Sit & Paint Early Evening: Refreshments & Music Spa Night	Morning: Card Exercise Volleyball Kitchen Creations Afternoon: Kitchen Creations Jewelry Designs Afternoon Movie Social Early Evening: Bean Bag Toss Go Fish Group Breathwork Exercise	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Karaoke Social Afternoon: Nature Appreciation Afternoon Group Seated Stretch Afternoon Movie Social Early Evening: Sit & Paint Short Stories Socia
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Early Evening: Crossword Club Short Stories Social	Morning: Card Exercise with Sara Volleyball with Sara Roll the Dice Social with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: 10am: Card Exercise w/Nicolette 10:30am:Tabletop Bowling w/Nicolette 11am: Volleyball w/Nicolette Afternoon: Pat N's Bday Celebration Horseshoe Toss Afternoon Movie Social Brain Fitness Early Evening: Kitchen Creations Evening Group Meditation	Morning: Nature Appreciation Fitness & Cardio 11:30am: Pet Therapy with Marnie Afternoon: Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness Early Evening: Musical Creations Evening Group Meditation	Morning: 10am: Seated Tai Chi by Ann Sullo BINGO Sacred Heart Communion 11am: Let's Get Crafty w/Nicolette Afternoon: Picture Match Game w/Theresa Afternoon Movie Social Sit & Paint Early Evening: Refreshments & Music Spa Night	Morning: Card Exercise Volleyball Kitchen Creations Afternoon: Kitchen Creations Jewelry Designs Afternoon Movie Social Early Evening: Bean Bag Toss Checkers Group Breathwork Exercise	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Karaoke Social Nature Appreciation 3pm: Live Music by the Blue Yodels Afternoon Movie Social Early Evening: Sit & Paint Short Stories Social
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Early Evening: Crossword Club Short Stories Social	Morning: Card Exercise with Sara Volleyball with Sara Roll the Dice Social with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: 10am: Card Exercise w/Nicolette 10:30am:Tabletop Bowling w/Nicolette 11am: Live Piano by Brian Horberg Afternoon: Summer Social with Nicolette Cone Toss Afternoon Movie Social Brain Fitness Early Evening: Kitchen Creations Evening Group Meditation	Morning: Nature Appreciation Fitness & Cardio 11:30am: Pet Therapy with Marnie Afternoon: Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness Early Evening: Musical Creations Evening Group Mediation	Morning: 10am: Seated Tai Chi by Ann Sullo BINGO Sacred Heart Communion 11am: Let's Get Crafty with Nicolette Afternoon: Bird Tales w/Theresa Afternoon Movie Social Sit & Paint Early Evening: Refreshments & Music Spa Night	Morning: Card Exercise Volleyball Pictionary Afternoon: Kitchen Creations Jewelry Designs Afternoon Movie Social Early Evening: Bean Bag Toss Dominoes Group Breathwork Exercise	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Karaoke Social Nature Appreciation 3pm: Live Music by Tom Stankus Afternoon Movie Social Early Evening: Sit & Paint Short Stories Social
Morning: Morning Meditation Morning Mass Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Early Evening: Crossword Club Short Stories Social	Morning: Card Exercise with Sara Volleyball with Sara Roll the Dice Social with Sara Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: 10am: Card Exercise w/Nicolette 10:30am:Tabletop Bowling w/Nicolette 11am: Volleyball w/Nicolette Afternoon: Summer Social w/Nicolette Trivia Afternoon Movie Social Early Evening: Poetry Reading Social Kitchen Creations Music Appreciation	Morning: Nature Appreciation Fitness & Cardio 11:30am: Pet Therapy with Marnie Afternoon: Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness Early Evening: Musical Creations Evening Group Mediation	<p>All activities are led by Nayas unless otherwise noted.</p> <p>*All programs and times are subject to change.*</p>		

JULY 2024

The Villa

