

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Morning: 10am: Nature Appreciation w/Nicolette 11am: Fitness & Cardio w/Nicolette 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 10am: March Farms Trip Afternoon: 'Pick a Card' Social w/Nicolette 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 10 Card Flip w/ Nayas Group Breathwork Exercise	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Nature Appreciation Afternoon Group Seated Stretch Afternoon Movie Social 3pm: Live Music by Kayte Devlin Early Evening: Sit & Paint Short Stories Social
Morning: Morning Meditation 10am: Morning Karaoke w/Nicolette Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Early Evening: Crossword Club Short Stories Social	Morning: 10am: Ribbon Exercise w/Audrey 11am: Tabletop Bowling & 11:30am: Volleyball w/Nicolette Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: Seated Strength & Motion 10am: Morning Gathering w/Nicolette 10:30am: Let's Get Crafty w/Nicolette Afternoon: Seated Stretching with Nicolette Name that Tune w/Nicolette Afternoon Movie Social Brain Fitness Early Evening: Indoor Golf Evening Group Meditation	Morning: 10am: Nature Appreciation w/Nicolette 11am: Fitness & Cardio w/Nicolette 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 Brain Fitness Afternoon: 'Pick a Card' Social w/Nicolette 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 Go Fish 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 10am: Morning Karaoke w/Nicolette Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Early Evening: Crossword Club Short Stories Social	Morning: 10am: Ribbon Exercise w/Audrey 11am: Tabletop Bowling & 11:30am: Volleyball w/Nicolette Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: Seated Strength & Motion Morning Gathering 11am: Flower Arranging w/Nicolette Afternoon: Seated Stretching w/Nicolette Trivia with Nicolette Afternoon Movie Social Early Evening: Poetry Reading Social Kitchen Creations Music Appreciation	Morning: 10am: Nature Appreciation w/Nicolette 11am: Fitness & Cardio w/Nicolette 11:30am: Pet Therapy with Marnie Afternoon: Seated Stretching 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 Brain Fitness Afternoon: 'Pick a Card' Social w/Nicolette 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 Checkers Group Breathwork Exercise	Morning: Exercise to the Bee Gees Tabletop Bowling Word in a Word Game Afternoon: Nature Appreciation Afternoon Group Seated Stretch Afternoon Movie Social 3pm: Live Music by Don Lowe Early Evening: Sit & Paint Short Stories Social
Morning: Morning Meditation 10am: Morning Karaoke w/Nicolette Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Early Evening: Crossword Club Short Stories Social	Morning: 10am: Ribbon Exercise w/Audrey 11am: Tabletop Bowling & 11:30am: Volleyball w/Nicolette Kitchen Creations Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: Seated Strength & Motion 10am: Morning Gathering w/Nicolette 10:30am: Let's Get Crafty w/Nicolette Afternoon: Seated Stretching w/Nicolette Horseshoe Toss with Nicolette Afternoon Movie Social Brain Fitness Early Evening: Kitchen Creations Evening Group Meditation	Morning: 10am: Nature Appreciation w/Nicolette 11am: Fitness & Cardio w/Nicolette 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 Brain Fitness Afternoon: 'Pick a Card' Social w/Nicolette 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 Afternoon Group Seated Stretch Afternoon Movie Social Early Evening: Sit & Paint Short Stories Social
Morning: Morning Meditation 10am: Morning Karaoke w/Nicolette Magazine Art Current Events Afternoon: Refreshments & Music Sunday Seated Stretching Afternoon Movie Social Early Evening: Crossword Club Short Stories Social	Morning: Exercise to the Bee Gees 11am: Tabletop Bowling & 11:30am: Volleyball w/Nicolette Kitchen Creations with Nayas Afternoon: Group Breathwork Exercise Afternoon Movie Social Discussion Group Early Evening: Art Appreciation Spa Night	Morning: Exercise to the Bee Gees 10:30am: Morning Gathering w/Nicolette 11am: Live Piano by Brian Horberg Afternoon: Let's Get Crafty with Nicolette Seated Stretch w/Nicolette Afternoon Movie Social Brain Fitness Early Evening: Ring Toss Poetry Reading	Morning: 10am: Nature Appreciation w/Nicolette 11am: Fitness & Cardio w/Nicolette 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 Brain Fitness Afternoon: 'Pick a Card' Social w/Nicolette Afternoon Movie Social Sit and 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 Candy Land Game Group Breathwork Exercise	

MAY 2024

The Villa



All activities are led by Nayas unless otherwise noted.

All programs and times are subject to change.