

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00- Breakfast 1 9:00-Current events 9:30-Tony Talk 9:45- Natioal Cinnamon day 10:00- Community Guest Yoga Instructor 11:00- Art Class 12:15-LUNCH 1:00- Afternoon Social <i>Preferred activity in community setting</i>	8:00-Breakfast 2 9:00- Current events 9:30-Q&A w/Tony 1000- Community Guest Exercise Instructor 11:00-BINGO 12:15- LUNCH 1:00- Afternoon social	8:00-Breakfast 3 9:00-Current events 9:30-Daily chronicles 10:00- Community guest Yoga instructor 11:00-BINGO 12:15-LUNCH 1:00-Afternoon social	8:00- Breakfast 4 9:00- Current events 9:30- Horoscopes 10:00- Community guest exercise instructor 11:00-Live Music and Tony 12:15- LUNCH 1:00- Afternoon Social	8:00- Breakfast 5 9:00- Current events 9:30- Maritza's TGIF! 10:00- Community guest Yoga instructor 11:00- CULTURE COOKOUT! 1:00- Afternoon social <i>Preferred activity in community setting</i>	
7	8:00- Breakfast 8 9:00- Current events 9:30- Daily chronicles 10:00- Community guest Yoga Instructor 11:15- BINGO 12:15-LUNCH 1:00- Afternoon social <i>Preferred activity in community setting</i>	8:00- Breakfast 9 9:00- Current events 9:30- Horoscopes 10:00- Community guest exercise instructor 11:00-BINGO 12:15- LUNCH 1:00- Afternoon social	8:00- Breakfast 10 9:00- Current events 9:30- Daily chronicles 10:00- Community guest Yoga instructor 11:15-BINGO 12:00- LUNCH 1:00- Afternoon social	8:00- Breakfast 11 9:00-Current events/Gossip 9:30-Daily chronicles 10:00- Community guest exercise instructor 11:00-Live Music w/ Tony 12:15- BIRTHDAY PARTY LUNCH- COME ONE COME ALL 1:00-Afternoon social	8:00- Breakfast 12 9:00- Current events 9:30-Maritza's TGIF! 10:00- Community guest Yoga instructor 11:00 Solo cup challenge 12:15- LUNCH 1:00- Afternoon social <i>Preferred activity in community setting</i>	13
14	8:00- Breakfast 15 9:00- Current events 9:30- Daily chronicles 10:00- Community guest Yoga Instructor 11:00-BINGO 12:15-LUNCH 1:00- Afternoon social <i>Preferred activity in community setting</i>	8:00- Breakfast 16 9:00- Current events 9:30- Burn After Reading 9:45- Gossip columns 10:00- Community guest exercise instructor 11:00- BINGO FULL CARD CRAZY!! 12:15- LUNCH 1:00- Afternoon social	8:00- Breakfast 17 9:00- Current events 9:30- Horoscopes 10:00- Community guest Yoga instructor 11:00- BINGO 12:15- LUNCH 1:00- Afternoon Social	8:00- Breakfast 18 9:00- Current events 9:30- Daily Chronicles 10:00- Community guest exercise instructor 11:00 - Live Music w Tony 12:15- LUNCH 1:00-Afternoon social	8:00- Breakfast 19 9:00- Current events 9:30- Maritza's TGIF! 10:00- Community guest Yoga instructor 11:00- High/Low 12:15-LUNCH 1:00- Afternoon social <i>Preferred activity in community setting</i>	20
21	8:00- Breakfast 22 9:00- Current events 9:30- Daily Chronicles 10:00- Community guest Yoga instructor 11:00-BINGO 12:15- LUNCH 1:00- Afternoon social <i>Preferred activity in community setting</i>	8:00- Breakfast 23 9:00- Current events 9:30- Horoscopes 10:00- Community guest exercise instructor 11:00-BINGO 12:15- LUNCH 1:00-Afternoon social	8:00- Breakfast 24 9:00- Current events 9:30- Proverb puzzle race 10:00- Community guest Yoga instructor 11:00- THANKSGIVING SURPRISE AND ICE CREAM SOCIAL 1:00- Aftenoon social	HAPPY THANKSGIVING SUMMIT FAMILY!! 25	8:00- Breakfast 26 9:00- Current events 9:30- Maritza'a TGIF! 10:00- Community guest Yoga instructor 11:00-One on One free choice 12:15-LUNCH 1:00- Afternoon social <i>Preferred activity in community setting</i>	27
 28 Q&A with TONY	8:00- Breakfast 29 9:00- Current events 9:30- Q&A w/ Tony 10:00- Community guest Yoga instructor 11:00- BINGO 12:15- LUNCH 1:00- Afternoon social <i>Preferred activity in community setting</i>	8:00- Breakfast 30 9:00- Current events 9:30- Horoscopes 10:00- Community guest exercise instructor 11:00-BINGO 12:15- LUNCH 1:00-Afternoon social				

FRIEDWALD at SUMMIT ADHC Activity Calendar *All programs are subject to change *Multiple alternate independant activities available* Registrants have freedom to participate in any given activity