

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 3 9:30-10:00  Royal Treatment 10:00-11:00  Virtual Church Service 11:15-11:45  Traditional Hymns 1:30- 2:30  Garden Club 2:00- 3:00  Heart to Heart 3:30- 4:30  Coffee and Conversation 6:00- 7:00  Cake Boss 7:00- 8:00  Quiet Hour: Ocean Visuals with Music	 4 9:30-10:00  Royal Treatment 10:00-10:30  Walking Club/ Seated Cardio 10:30-11:30  Bingo with Hanover Adult Center- W 1:30- 2:30  Garden Club 2:00- 3:00  Heart to Heart 6:00- 7:00  Jeopardy	 5 9:30-10:00  Royal Treatment 10:30-11:30  Melodies In Motion with Abundant Days-R 11:00-11:30  Bible Study with Rev. Florence-W 1:00- 1:45  Crafting with Ginny from At Home Care-W 2:00- 3:00  Heart to Heart 6:00- 7:00  Mork and Mindy 7:00- 8:00  Quiet Hour: Tibetan Monks	6 Activities are subject to change as needed. Thank you for your understanding.	7 Please note that activities will be happening in all Cottages. The activities highlighted in BOLD will be held in that specific Cottage.	8 9:30-10:00  Royal Treatment 10:00-10:30  Morning Exercises 10:30-11:30  Hanover Adult Center Social-W 1:30- 2:00  Yoga with Barbara-R 2:00- 3:00  Heart to Heart 6:00- 7:00  Jeopardy 7:00- 8:00  Quiet Hour: Ocean Visuals with Music	2 9:30-10:00  The Royal Treatment 10:30-11:30  Outdoor Rec 1:00- 2:00  Gardening Club 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Jeopardy 7:00- 8:00  Quiet Hour: Tropical Birds with soft music
10 9:30-10:00  Royal Treatment 10:00-11:00  Virtual Church Service 11:15-11:45  Contemporary Christian Music 1:30- 2:15  Sundaes on Sundays 3:30- 4:30  Coffee and Conversation 6:00- 7:00  Wheel Of Fortune 7:00- 8:00  Quiet Hour: Calm Classical Music	11 9:30-10:00  Royal Treatment 10:00-10:30  Walking Club/ Seated Cardio 10:30-11:30  Bingo with Hanover Adult Center- W 1:00- 2:00  DIY Bracelets 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Spa Treatment 7:00- 8:00  Quiet Hour: Sea Turtles Visuals with Music	12 9:30-10:00  Royal Treatment 10:30-11:30  Seated Exercises 1:00- 1:30  Walking Club 2:00- 3:00  Heart to Heart 6:00- 7:00  America's Got Talent 7:00- 8:00  Quiet Hour: Beautiful Coral Reef with Music	13 9:30-10:00  Royal Treatment 10:00-10:30  Seated Exercises 10:45-11:30  Kristin the Harpist- W 1:00- 2:00  Art With Abundant Days-R 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Supermarket Sweep 7:00- 8:00  Quiet Hour: Butterfly Gardens with Music	14 9:30-10:00  Royal Treatment 10:00-10:30  Seated Exercise 10:45-11:15  Armchair Travel- Russia 1:00- 2:00  Walking Club 2:00- 3:00  Heart to Heart 2:30- 3:15  Thirsty Thursday: Cucumber Cooler 6:00- 7:00  Spa Treatment 7:00- 8:00  Quiet Hour: Underwater Visuals with Music	15 9:30-10:00  Royal Treatment 10:30-11:30  Hanover Adult Center Social-W 1:30- 2:00  Yoga with Barbara-R 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Jeopardy 7:00- 8:00  Quiet Hour Handpan Music	16 9:30-10:00  The Royal Treatment 10:30-11:15  Outdoor Recreation 1:00- 2:00  Gardening Club 2:00- 3:00  Heart to Heart 2:30- 3:30  Music With Mary Stella- R 6:00- 7:00  Jeopardy
17 9:30-10:00  Royal Treatment 10:00-11:00  Virtual Church Service 2:00- 3:00  Heart to Heart 3:30- 4:30  Coffee and Conversation 6:00- 7:00  Supermarket Sweep 7:00- 8:00  Quiet Hour: Relaxing Music with Birds Singing	18 9:30-10:00  Royal Treatment 10:00-10:30  Walking Club/ Seated Cardio 10:30-11:30  Bingo with Hanover Adult Center- W 1:30- 2:00  Coloring Pages/ Connect the Dots 2:00- 3:00  Heart to Heart 2:00- 3:00  Kevin Sings the Classics- R 6:00- 7:00  Supermarket Sweep 7:00- 8:00  Quiet Hour: Rainforest with Music	19 9:30-10:00  Royal Treatment 10:30-11:15  Melodies In Motion with Abundant Days-R 1:00- 1:30  Walking Club 2:00- 3:00  Heart to Heart 6:00- 7:00  The Price is Right 7:00- 8:00  Quiet Hour: Trinidad and Tobago Scenery With Music	20 9:30-10:00  Royal Treatment 10:00-10:30  Seated Exercises 10:45-11:30  Outdoor Recreation 1:00- 2:00  Art With Abundant Days-R 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Coloring Pages 7:00- 8:00  Quiet Hour: Lava Lamp with Music	21 9:30-10:00  Royal Treatment 10:00-10:30  Seated Exercises 10:45-11:15  Armchair Travel- Trinidad and Tobago 1:00- 2:00  Walking Club 2:00- 3:00  Heart to Heart 2:30- 3:15  Thirsty Thursday: Trinidad Bentley 6:00- 7:00  Spa Treatment 7:00- 8:00  Quiet Hour: Calm Classical Music	22 9:30-10:00  Royal Treatment 10:30-11:30  Hanover Adult Center Social-W 1:00- 2:00  Gardening Club 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Cake Boss 7:00- 8:00  Quiet Hour: Nature Visuals with Music	23 9:30-10:00  The Royal Treatment 10:30-11:15  Outdoor Recreation 1:00- 2:00  Gardening Club 2:00- 3:00  Heart to Heart 6:00- 7:00  Jeopardy
24 9:30-10:00  Royal Treatment 10:00-11:00  Virtual Church Service 2:00- 3:00  Heart to Heart 3:30- 4:30  Coffee and Conversation 31 9:30-10:00  Royal Treatment 10:00-11:00  Virtual Church Service 2:00- 3:00  Heart to Heart 3:30- 4:30  Coffee and Conversation	25 9:30-10:00  Royal Treatment 10:00-10:30  Walking Club/ Seated Cardio 10:30-11:30  Bingo with Hanover Adult Center- W 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Andy Griffith Show 7:00- 8:00  Quiet Hour: Relaxing Music with Birds Singing	26 9:30-10:00  Royal Treatment 10:30-11:15  Balloon Toss with Music 1:00- 2:00  Walking Club 2:00- 3:00  Heart to Heart 6:00- 7:00  Who wants to be a Millionaire? 7:00- 8:00  Quiet Hour: Magical Forest Music	27 9:30-10:00  Royal Treatment 10:00-10:30  Seated Exercises 10:30-11:30  Game Show with Abundant Days-R 10:30-11:30  Kristin the Harpist- W 2:00- 3:00  Heart to Heart 6:00- 7:00  Supermarket Sweep 7:00- 8:00  Nature Therapy with Music	28 9:30-10:00  Royal Treatment 10:00-10:30  Walking Club 10:45-11:15  Armchair Travel Las Vegas 1:00- 2:00  Walking Club 2:00- 3:00  Heart to Heart 2:30- 3:15  Thirsty Thursday: Ginger Lemon Fizz 6:00- 7:00  Spa Treatment 7:00- 8:00  Quiet Hour: Rain with Piano Sounds	29 9:30-10:00  Royal Treatment 10:30-11:30  Hanover Adult Center Social-W 1:00- 2:00  Gardening Club 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Wheel Of Fortune 7:00- 8:00  Quiet Hour: Tibetan Flutes	30 9:30-10:00  The Royal Treatment 10:30-11:15  Outdoor Recreation 1:00- 2:00  Gardening Club 2:00- 3:00  Heart to Heart 3:30- 4:15  Coffee and Conversation 6:00- 7:00  Jeopardy