

# ESTANCIA WEEKLY ACTIVITY CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
9:00 AM - 10:00 AM	HOUSE WALKING	CHAIR EXERCISE	MUSIC DAY	LEG EXERCISE	STORY TIME	PUZZLE	CHAIR EXERCISE
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM - 3:00 PM	ARTS & CRAFTS	SPA DAY	HOUSE WALKING	PAINT THE LADIES NAILS	CHAIR EXERCISE	SPA DAY	
4:00 PM							
5:00 PM	LISTEN TO MUSIC	LISTEN TO MUSIC	LISTEN TO MUSIC	LISTEN TO MUSIC	LISTEN TO MUSIC	LISTEN TO MUSIC	LISTEN TO MUSIC
6:00 PM - 7:00 PM	MOVIE NIGHT		SOCIAL HOUR				SOCIAL HOUR
8:00 PM					MOVIE NIGHT		