



VIBRANT LIVING PROGRAM

Purpose | Curiosity | Creativity | Fun
GRACE MGMT INC.

Sample Life Enrichment Calendar



SUNDAY

9:00 AM

Walking Club

9:30 AM

Non-
Denominational
Service

11:00 AM

Ladies Lunch
Bunch

2:00 PM

Movie Matinee

4:00 PM

Billiards
Competition

6:00 PM

Book Club

MONDAY

9:30 am

Fit Chi

10:00 am

Resident Council
Meeting

11:30 AM

Lunch and Learn:
A Grand Tour of
Italy

1:00 PM

Elementary
School Reading
Corner

2:00 PM

Strength Training

6:00 PM

Signature Event

TUESDAY

9:00 AM

Living Gracefully
Spirit Day

11:00 AM

Art Therapy:
Creative Coloring

12:00 PM

One Day
University
Program

1:00 PM

Creative
Celebration Day
Event

3:00 PM

Bible Study

6:00 PM

Trivia Tuesday

WEDNESDAY

9:00 AM

Balance Class

10:30 AM

Walking Club

12:00 PM

Craft Club:
Jewelry Making

1:00 PM

Food Committee
Meeting

2:30 PM

Bingo!

4:00 PM

Virtual Bowling

6:00 PM

Movie Night

THURSDAY

9:00 AM

Gardening Club

10:30 AM

Community
Ambassador
Event - Welcome
New Residents!

12:00 PM

Cooking Demo &
Trivia

1:00 PM

Art Therapy:
Creative Coloring

3:30 PM

Strength and
Stretch Class

7:00 PM

Alzheimer's
Caregivers
Support Group

FRIDAY

9:00 AM

Chair Yoga Class

12:00 PM

Chair Boxing
Class

1:00 PM

Virtual
Bowling

2:30 PM

One Day
University
Program

4:00 PM

Petting Zoo

6:00 PM

Signature Cocktail
Social

SATURDAY

9:00 AM

Morning Stretch

10:30 AM

Bridge Group

12:00 PM

Gardening Club

12:00 PM

League of Men
Lunch

1:00 PM

Chair Boxing Class

3:00 PM

Graceful
Giving Program
Volunteer Event

6:00 PM

Happy Hour