

Windsor Calendar

Personal Care – Waverly Heights

Monday

- 11:00 AM: This Day in History
11:20 AM: Synchronized Imitative Drumming
2:00 PM: Jingo- It's Jeopardy Bingo!
3:15 PM: Music Hangman
4:00 PM: Live to 100: Secrets of the Blue Zone: Part 2

Tuesday

- 11:00 AM: Sit and Be Fit
11:30 AM: Scattergories
2:00 PM: Sing Along
3:00 PM: Tongue Twisters & Brain Games
4:00 PM: Happy Hou)

Wednesday

- 11:00 AM: Stretch & Tone
11:30 AM: Hangman
2:00 PM: Dr. Steve Lecture Series: I Want my Mummy
3:30 PM: Resident Council
4:30 PM: Documentary Hour

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Thursday

- 11:00 AM:** Stretch & Kvetch
- 11:30 AM:** The Big Word Mining Challenge
- 2:15 PM:** Bell Choir
- 3:00 PM:** Community Crafts
- 4:00 PM:** Happy Hour

Friday

- 11:00 AM:** Chair Fitness
- 11:30 AM:** On This Day in History
- 2:00 PM:** Live Music Performance
- 3:00 PM:** Trivia and Brain Games
- 3:30 PM:** Afternoon Cinema

Saturday

- 3:30 PM:** People, Places and Things