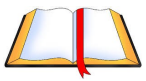
Ongoing Weekly Activities at Luther Village on the Park

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		**Moderate Walking Grp** 9:30—10:00 am Sunshine 5th Floor **Atrium Suites/Garden Villas Coffee Hour** 10:00 —11:00 am Great Hall **SMART Exercises** 9:30—10:15 am 10:20—11:00 am Multi-Purpose Room	**SMART Exercises** 9:30—10:15 am and 10:20—11:00 am Multi-Purpose Room **Scrabble** 10:30—11:30 am Muskoka Lounge **SMART Sitting Exercises** 11:15 am—12:00 pm Parkview Lounge	**Gentle Walking Group** 9:30—10:00 am Sunshine 5th Floor **SMART Exercises** 9:30—10:15 am 10:20—11:00 am Multi-Purpose Room **Friend to Friend** 10:00—11:00 am Muskoka Lounge 	**SMART Exercises** 9:30—10:15 am and 10:20—11:00 am Multi-Purpose Room **Skip-Bo** 10:00—11:30 am Muskoka Lounge **Craft Group** 10:00 am—12:00 pm Quilt/Craft Room **SMART Sitting Exercises** 11:15 am—12:00 pm Parkview Lounge 	**Bible Study** 9:15—10:00 am Muskoka Lounge **SMART Exercises** 9:30—10:15 am and 10:20—11:00 am Multi-Purpose Room **Singing Group** 9:30—10:15 am Parkview Lounge 10:30—11:30 am Chapel 	**Indoor Bocce Ball** 10:00 am Great Hall **Super Saturday Skip-Bo** 2:00—3:00 pm Little Hall **Saturday Bingo** 2:00—3:30 pm Muskoka Lounge **Mind Puzzles** 3:45—4:45 pm Parkview Lounge
Afternoon		**SMART Sitting Exercises** 11:15 am—12:00 pm Parkview Lounge **Sketching Group** 1:30—3:00 pm Multi-Purpose Room **Reading Group** 1:45—2:45 pm Waterfall Gallery	**Easy Does IT: Balance & Stretch** 2:15—3:00 pm Multi-Purpose Room **Forever Young Group Strength** 3:00—3:45 pm Multi-Purpose Room **Resident Ice Cream Sales** 3:00—4:00 pm **Hymn Sing** 3:15—4:00 pm Chapel (Twice a month) **Solo** 7:00—9:30 pm Muskoka Lounge	**SMART Sitting Exercises** 11:15 am—12:00 pm Parkview Lounge **Bingo** 2:30—4:00 pm Muskoka Lounge **Indoor Bocce Ball** 7:00 pm Great Hall **Euchre** 7:00—9:30 pm Muskoka Lounge	**Knitters** 1:30—3:00 pm Multi-Purpose Room **Worship Service** 2:30—3:15 pm Parkview Lounge **Forever Young Group Strength** 3:00—3:45 pm Multi-Purpose Room **Resident Ice Cream Sales** 3:00—4:00 pm **Tai Chi** 7:30—8:30 pm (Standing) Multi-Purpose Room (Registration Required) **Bridge** 7:00—9:30 pm Martin's Lounge	**SMART Sitting Exercises** 11:15 am—12:00 pm Parkview Lounge **Friendship Hour** 3:30—4:30 pm Muskoka Lounge **Village Forum** 7:30—9:30 pm Chapel (once a month)	**Saturday Night Movie** 7:00 pm (every other week) Great Hall Updated: April 2017
Evening	**Christian Worship Service** 7:00—8:00 pm Chapel 	**Nail Painting** (every other week) 3:00—4:00 pm Great Hall **Sunshine Social Hour and Sing-Along** 3:00—4:00 pm Great Hall					