

# Stay Active, Stay Happy

## EXAMPLE WEEKLY EVENTS

### MONDAY

Hairdresser &  
Pamper Morning

AM

Board Games  
in the Garden Room

PM

### TUESDAY

Balloon Tennis

AM

Memories  
of World War 2

PM

### WEDNESDAY

Walk & Talk  
in the Garden

AM

Celebrate  
the Artist

PM

### THURSDAY

Live Singer in  
the Family Room

AM

Reiki Relaxation

PM

### FRIDAY

Gentle Exercise

AM

Movie Club  
in the Old Chapel

PM

### SATURDAY

Gardening Club

AM

Who Wants to  
be a Millionaire

PM

### COGNITIVE BENEFITS

- Reduces stress & boosts mood
- Strengthens memory & critical thinking
- Stimulates memory recall & reflection
- Enhances creativity & learning
- Boosts social interaction & memory
- Promotes relaxation, focus, & mental clarity

### PHYSICAL BENEFITS

- Improves circulation & physical relaxation
- Enhances fine motor skills & coordination
- Reduces physical tension & promotes relaxation
- Encourages physical interaction & movement
- Increases flexibility, balance & strength
- Improves strength, mobility & motor skills