

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 Bellevue Church Stream 30 1:30 Hands in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 31 10:00 Morning Movement 10:30 Manicure Monday 3:00 Puzzle Hour 6:00					1 10:00 The Perk 10:30 Morning Movement 1:00 Hands in Motion 2:00 Puzzles & Music 6:00 Evening Wind Down w/ Wellness
9:15 Bellevue Church Stream 2 11:00 Puzzle Hour 3:30 Aroma therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 3 10:00 Morning Movement 10:30 Manicure Monday 1:30 Watercolor Painting 3:00 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 4 10:00 Morning Ball Circle 10:30 Hymns with Lillian 1:30 Scoop Watermelon Treats 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 5 10:30 Early morning warm up 11:00 Music with Joseph 1:30 A game of Uno 5:00 Evening Wind Down w/ Wellness	9:45 The Perk 6 10:30Morning Weights 1:30 Guess in 5 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 7 10:30 Parachute Fun 11:00 Morning Bingo 1:30 Zinnea TV-Lighthouses 2:30 Jazz Records 6:00 Evening Wind Down w/ Wellness	8 10:00 The Perk 10:30 Saturday Warm-up 1:00 Short Stories 2:00 Puzzle & Music 6:00 Evening Wind Down w/ Wellness
9:15 Bellevue Church Stream 9 11:00 Connection Pods with Wellness 1:00 Listen to Elvis Hymns 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10 10:00 Seated Dodgeball 10:30 Elvis Week Intro 1:30 Let's Make Smores 3:00 After 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 11 10:00 Ball Circle 10:30 Bingo Fun 1:30 Elvis Trivia 3:00 Afternoon Discussion 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 12 10:30 50's Morning Movement 11:00 Music with Joseph 1:35 Elvis Name that Tune 3:00 Elvis Meledy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 13 10:30 Marloes Outing 1:30 Elvis Activity Sheet 2:00 Elvis Favorite Snack 3:30 50's tunes w/Tlm Menshew 6:00 Evening Wind Down w/ Wellness	9:00 Perk Pick Up 14 9:30 Early Morning Warm up 11:00 Elvis Bingo 1:30 Elvis Movie and Popcorn 6:00 Evening Wind Down w/ Wellness	15 10:00 The Perk 10:30 Bowling 3:30 Cleaning Placemats 6:00 Evening Wind Down w/ Wellness
9:15 Bellevue Church Stream 16 1:30 Hands in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	Welcome To India 17 9:45 The Perk 10:30 India Scarf and Chair Dancing 11:00 Music with Joseph 1:30 India Flag Art and Craft 2:30 Henna Tattoos 6:00 Evening Wind Down w/ Wellness	Welcome to Germany 18 9:45 The Perk 10:00 A German Workout 10:30 German Bingo 1:30 Silk Flower Box Craft 2:30 A Taste of Germany: Food sampling 6:00 Evening Wind Down	Welcome to Kenya 19 10:00 The Perk 10:30 Drum Circle 1:30 African Jewelry Making 2:30 Puzzle Hour 3:00 Traditional African singalong 6:00 Evening Wind Down w/ Wellness	Welcome to Greece 20 9:45 Perk Chat 10:00 Senior Olympics 1:30 Toga Party 3:00 Afternoon massages 6:00 EveningWind Down w/ Wellness	Welcome to Norway 21 9:45 Perk Puzzle 10:00 Chair Yoga 11:00 Northern Lights Craft 2:30 Noregian Waffles 6:00 Evening Wind Down w/ Wellness	22 10:00 The Perk 10:30 Morning Movement 1:00 August Birthday Party 2:00 Water coloring 6:00 Evening Wind Down w/ Wellness
9:15 Bellevue Church Stream 23 11:00 Connection Pods with Wellness 1:00 Short Stories 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 24 10:00 Morning Movement 10:30 Manicure Monday 1:30 Bubble Fun 3:00 Puzzle Hour 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 25 10:00 Morning Movement 10:30 Balloons and Noodles 1:30 Patio and popsicles 3:30 Aroma Therapy 6:00 Evening Wind Down	10:00 The Perk 26 10:30 Morning Movement 11:00 Pet Therapy 2:30 Color Match 3:00 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 27 10:30 Sing Fit 1:30 Scenic Drive and Sonic 2:30 Guess in 10 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 28 10:30 Balloon Toss 1:30 Penny Game 2:30 Afternoon Movie 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 29 10:30 Saturday Warm-up 1:00 Short Stories 2:00 Puzzle & Music 6:00 Evening Wind Down w/ Wellness