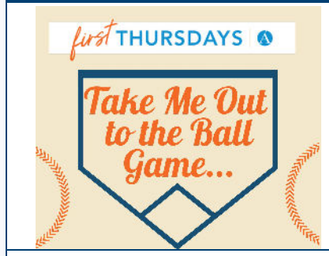
Aegis Living
Assisted Living | Memory Care

LIFE'S NEIGHBORHOOD EVENTS

Spring 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	01 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Garden Club 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	02 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:30 - Tune Talk 10:45 - Refreshments 11:00 - Travel Tour 1:00 - Scenic Drive 2:00 - Bird Bingo 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	03 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Masterpiece Art 3:30 - Happy Hour! 5:30 - Movie Wind Down	04 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:45 - Refreshments 11:00 - Finishing Lines 1:00 - Walking Club 2:00 - Silverscreen Cinema 2:45 - Snack & Chat 3:45 - Sticky Darts 5:30 - Movie Wind Down	05 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Sensory Stations 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	06
07 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:45 - Refreshments 11:00 - Spiritual Program 11:00 - Name that Tune 1:00 - Walking Club 2:00 - Masterpiece Art 2:45 - Snack & Chat 3:15 - Basketball 5:30 - Movie Wind Down	08 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Garden Club 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	09 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:30 - Tune Talk 10:45 - Refreshments 11:00 - Travel Tour 1:00 - Scenic Drive 2:00 - Bird Bingo 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	10 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Masterpiece Art 3:30 - Happy Hour! 5:30 - Movie Wind Down	11 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:45 - Refreshments 11:00 - Finishing Lines 1:00 - Walking Club 2:00 - Silverscreen Cinema 2:45 - Snack & Chat 3:45 - Sticky Darts 5:30 - Movie Wind Down	12 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Sensory Stations 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	13 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:45 - Refreshments 11:00 - Karaoke Fun! 1:00 - Scenic Drive 2:00 - Craft Hour 2:45 - Snack & Chat 3:15 - Corn Hole 5:30 - Movie Wind Down
14 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:45 - Refreshments 11:00 - Spiritual Program 11:00 - Name that Tune 1:00 - Walking Club 2:00 - Masterpiece Art 2:45 - Snack & Chat 3:15 - Basketball 5:30 - Movie Wind Down	15 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Garden Club 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	16 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:30 - Tune Talk 10:45 - Refreshments 11:00 - Travel Tour 1:00 - Scenic Drive 2:00 - Bird Bingo 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	17 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Masterpiece Art 3:30 - Happy Hour! 5:30 - Movie Wind Down	18 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:45 - Refreshments 11:00 - Finishing Lines 1:00 - Walking Club 2:00 - Silverscreen Cinema 2:45 - Snack & Chat 3:45 - Sticky Darts 5:30 - Movie Wind Down	19 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Sensory Stations 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	20 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:45 - Refreshments 11:00 - Karaoke Fun! 1:00 - Scenic Drive 2:00 - Craft Hour 2:45 - Snack & Chat 3:15 - Corn Hole 5:30 - Movie Wind Down
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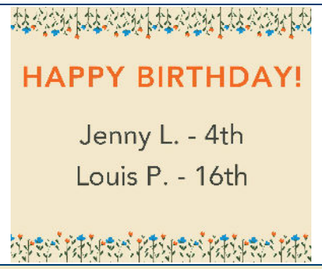
28 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:45 - Refreshments 11:00 - Spiritual Program 11:00 - Name that Tune 1:00 - Walking Club 2:00 - Masterpiece Art 2:45 - Snack & Chat 3:15 - Basketball 5:30 - Movie Wind Down	29 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Balance Fit 10:30 - Sing-a-Song 10:45 - Refreshments 11:00 - Aegis Live! 1:00 - Walking Club 2:00 - Garden Club 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down	30 9:00 - Miracle Mornings 9:15 - Gratitude 10:00 - Music & Movement 10:30 - Tune Talk 10:45 - Refreshments 11:00 - Travel Tour 1:00 - Scenic Drive 2:00 - Bird Bingo 2:45 - Snack & Chat 3:15 - SingFit 5:30 - Movie Wind Down				

Wellness Pillars

SOCIAL · NUTRITION · MOVEMENT & NATURE · COGNITIVE WELLNESS · MINDFULNESS & BREATH

* Activities are subject to change