



THE BARRINGTON
OF CARMEL

SAMPLE ACTIVITIES CALENDAR

Independent Living

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 A.M. Stretch & Strength	10:30 A.M. Aerobics	9:00 A.M. Gentle Chair Yoga	9:30 A.M. Agility, Balance, Core	8:30 A.M. Zumba Gold
10:00 A.M. Barrington Barber	11:00 A.M. Movie Matinee	10:00 A.M. Balance Basics	10:00 A.M. TED Talks	10:30 A.M. Walk in the Park
11:00 A.M. Murder Mystery Luncheon	1:00 P.M. Book Club	1:00 P.M. Shopping Spree	11:00 A.M. Meijer Shopping Trip	11:00 A.M. Current Events
1:00 P.M. Balance Basics	2:00 P.M. Community Poker	2:00 P.M. Birthday Party	2:00 P.M. Community Bridge	2:00 P.M. Barringtons Rehearsal
3:00 P.M. Play Jeopardy	3:00 P.M. Basket Weaving	3:00 P.M. Flowers for Community	3:00 P.M. Catholic Mass	4:00 P.M. Friday Friendship Hour
5:00 P.M. Michael Purvis, Musical Entertainment	4:00 P.M. Tai Chi	5:00 P.M. Great Courses	4:00 P.M. Documentary	6:30 P.M. Popcorn & Movie