Vibrant life
BE VIBRANT. BE YOU.

Generations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August cont'd **30** 8:00 Breakfast 9:00 ADL time [RA] 10:00 Walk & Stretch Fitness 10:30 Televised Worship Time 12:00 Lunch 1:15 Rest & Relax time [RA] 2:30 Book & Short Story Club 3:00 Chat, Snack, & Juice break 5:00 Dinner 6:00 Soothing Music / Quiet Time	**31** 8:00 Breakfast 9:00 ADL time [RA] 10:30 Game Time! 12:00 Lunch 1:15 Rest & Relax time [RA] 2:15 Group Chair Exercixes 3:00 Chat, Snack, & Juice break 3:30 "Let's Go See ..." - virtual travel programs 5:00 Dinner 6:00 Soothing Music / Quiet Time	PARKVIEW on Hollybrook GENERATIONS *Honor the past, connect with the present, inspire the future.*	**Location Keys** Residents Apartments RA	Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well	**1** 8:00 Breakfast 9:00 ADL time [RA] 10:00 Walk & Stretch Fitness 12:00 Lunch 1:15 Rest & Relax time [RA] 2:15 Saturday Afternoon Movie! 3:00 Chat, Snack, & Juice break 5:00 Dinner 6:00 Soothing Music / Quiet Time
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