



# GLENBROOK HEALTH CENTER

SEE WHAT'S POSSIBLE!

## MONDAY

- Morning News
- Morning Stretch with Guest
- Trivia Time
- Art for All Ages Workshop
- Afternoon Social
- Pet Therapy Visit
- Tabletop Games
- Music & Memory Time

## TUESDAY

- Sit & Be Fit Chair Exercise
- Current Events Class
- Flower Arranging Club
- Baking & Cooking Class
- Creative Writing & Reading
- Piano Music with Performer
- Meet Your New Neighbor
- Movie Matinee with Popcorn

## WEDNESDAY

- Morning World Travel
- Balance & Mobility with Instructor
- Book Club
- Craft & Ceramics Class
- Food & Beverage Committee
- Happy Hour with Entertainment
- Visiting Choir
- Spiritual Reading Gathering

## THURSDAY

- Exercise Essentials
- Memory Enhancement Exercises
- Gardening Club
- Music & Aroma Therapy
- Scenic Drive
- Music in the Courtyard
- Game Night
- Bible Study with Guest

## FRIDAY

- Current Events Class
- Yoga & Tai Chi
- Puzzle & Games Club
- Painting Workshop
- Volunteer Group
- Lunch Bunch
- Move & Shake Dance Class
- TGIF Happy Hour

## SATURDAY

- Walking Club
- Coffee & Teatime
- Good Nutrition with Guest Speaker
- Shopping Trip or Mall Outing
- Saturday at the Cinema

## SUNDAY

- Weekly Church Services
- Zumba with Instructor
- Women's & Men's Socials
- Music & Memory Time
- Seasonal Activity

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|------------------------|----------------------|
| ■ Educational          | ■ Entertainment      |
| ■ Wellness & Nutrition | ■ Special Events     |
| ■ The Arts             | ■ Trips & Outings    |
| ■ Spiritual Wellness   | ■ Community Services |

Examples are drawn from programming across all three levels of care and are not intended to represent one resident's exact daily schedule. PLEASE NOTE: Activities are illustrative and may vary by level of care, resident interests, abilities, season, and availability. Final selections should be confirmed by the Life Enrichment team.

