

# SAMPLE ACTIVITY SCHEDULE

## ASSISTED LIVING

We offer a well-balanced calendar of activities\* to enrich and engage.  
There's something for everyone at The Whitley of Wheeling.

### SUNDAY

Sunday Morning Devotion  
Walking Club  
Ice Cream Social

Sunday Movie Matinee  
Travelogue: A Taste of Italy

### MONDAY

Coffee & Crosswords  
Sunrise Stretch & Fitness  
Bridge Club

Jeopardy! Challenge  
Monday Night at the Movies

### TUESDAY

Coffee Club  
Chair Zumba  
Outing: Chicago Botanical Garden

Jewelry-Making 101  
Tuesday Night at the Movies

### WEDNESDAY

Chair Yoga  
Poker Club  
Ladies' Book Club

Chocolate Bingo  
Wednesday Night at the Movies

### THURSDAY

Better Balance Exercise Group  
Grocery Shopping at Fresh Farms  
Rummy, Hearts & Spades

Creative Writing Workshop  
Thursday Night at the Movies

### FRIDAY

Chair Aerobics  
Garden Club  
Men's Service Club

Happy Hour Social  
with Live Entertainment  
Friday Night at the Movies

### SATURDAY

Rise & Dine at Market Square  
Shabbat with Rabbi  
Dice & Dominoes

Craft Club  
Saturday Night at the Movies

\*Activities shown are representative only..



THE WHITLEY™  
of Wheeling