

Aster Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Coupon Clipping and Coffee Time 3:00 – Worship and Praise 3:30 – After Worship Fellowship</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Crackers and Cheese Tasting 3:00 – Checkers and Cards 3:30- Crossword Puzzles and Trivia</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:15 – Music and More with Marti 3:00 – Dominos 3:30 – Puzzles and Sorting</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – National Chocolate Chip Day...Lets Bake Cookies 3:00 – Painting Fun 3:30 – Creative Workshop/Lets Write a Story</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Flower Arranging and Goodies 2:30 – You Read to Me 3:30 – Trivia or Reminisce</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Clay Fun 2:30 – Checkers and Tic Tac Toe 3:30 – Happy Hour 4:30 – Shabbat Services</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch 9:00 – Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Lets make homemade Orange Juice With Blueberry Muffins 3:00 – Bingo Fun</p>		
<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Coupon Clipping and Coffee Time 3:30 – Sunday Stroll</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Afternoon Stroll 2:30 – Create a Snack 3:00 – Tic Tac Toe and Dominos 3:30 – You Read to ME</p>	<p>8:30 – Clean up after Breakfast 8:30 – Morning at the Park 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:15 – Music and More with Marti 3:00 – Ice cream Sundaes 3:00 – GRAND OPENING!!!!!!</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Cookies and Juice 2:30 – Ball Toss/Your Favorite Color 3:30 – The Douboys – Bar Area 3:30 – Table Games or Puzzles</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Flower Arranging and Pretzels 3:30 – Book Review With Marti/Lemon Squares</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – Jigsaw Puzzle Fun 2:30 – Dust and Fold time 3:30 – Happy Hour 4:30 – Shabbat Services</p>	<p>8:30 – Clean up after Breakfast 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Water Plants and Sweep 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 11:00 – Get Ready for Lunch/prepare menu/set table etc. 12:00 – Lunch 1:00 – Put feet up and relax to quiet music 2:00 – PBJ Sandwiches and Milk 3:00 – Bingo Fun</p>		
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Windsor Senior Living, 7750 LBJ Freeway, Dallas, TX 75251

Evening Schedule: 4:00 – Prepare for Supper 5:00 – Meal
6:00 – Garden Stroll and End of Day Individual Routines

“Shear Heaven Salon” at the Windsor open Tues.-Fri. 9:30 – 4:30. Full Service Hair and Nail Salon.