



## *Living in Harmony, Living Well*

# *Recreation • Leisure • Wellness and Meal Calendars*

Planned activities at Harmony Assisted Living help ensure any enjoyable quality of life for our residents. Below is a sample schedule of activities our Residents can look forward to participating in while living here. As our activity schedule becomes finalized it will be added to our website.

### SAMPLE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Morning News & Coffee Klatch	Morning News & Coffee Klatch	Morning News & Coffee Klatch	Morning News & Coffee Klatch	Morning News & Coffee Klatch	Morning News & Coffee Klatch	Morning News & Coffee Klatch
9:30am	Yoga	Zumba	Slow Stretch Exercise	Groving & Moving to the Oldies	Light weight Exercise	Yoga	Meditation
11:00am	Baking - Peanut Butter Patties	Travel Iceland	The Benefits of Infused Water	Drumming	Gardening	Hand Reflexology Massage	Sing A-Long with Beth
2:00pm	Strolling Outside Walking Group	Strolling Outside Walking Group	Strolling Outside Walking Group	Strolling Outside Walking Group	Strolling Outside Walking Group	Strolling Outside Walking Group	Strolling Outside Walking Group
4:00pm	Rummy Cube	Brain Teasers	Card Club	Giant Word Cross	Sequence Game	Team Trivia	DIY Straw Vase Arrangement Craft
7:00pm	Book Club The Sunshine on my face	Kareokee	Movie Night The War with Grandpa	Horse Race Game	Patio Bon Fire & Sing A Long	Elvis Dance Party	Dice Games

## *Weekly Meal Calendar*

Nutritious meals provided by Harmony Assisted Living help ensure any enjoyable quality of life for our residents. Below is a sample of our weekly menu and meal structure. As our menu becomes finalized it will be added to our website.

### SAMPLE MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Vege Breakfast Skillet	Yogurt & Toast	Sausage Biscuits & Gravy	Sausage Cheese Omllet	Oatmeal w/Yogurt	Egg & Bacon	Pancakes
8a - 11a	Fresh Fruit	Fruit	Scrambled Eggs	Toast & Fruit	Fruit	Breakfast Sandwich	Bacon
<b>Lunch</b>	Chicken Quesidilla	Chilli	Bacon Grilled Cheese Sandwich	Tuna Salad	BBQ Chicken	Meat & Cheese Board	Egg Salad in a lettuce cup
11a - 1p	Chip & Salasa	Fresh Fruit	Tomato Soup	Fresh Fruit	Mac & Cheese	Dried Fruits & Nuts	Chips & Fruit
<b>Dinner</b>	Citrus Herb Rubbed Salmon	Ranch Turkey Burgers	Pan-fried Pork Chops	Baked Spagehetti	Homestyle Beef Stew	Shredded BBQ Pork Tenderloin	Korean Ground Beef
5p - 6p	Pan fried zucchini & onion	French Fries	Scalloped Potato's	Bread Sticks	with potatos & carrots	Sandwiches on a Homestyle Bun	& Rice
	Rice Pilaf	Roasted Corn	Peas and Cucumber Salad	Garden Salad	Tomato & Beet Salad	Cole Slaw & Corn on the Cob	Steamed Broccoli
	Luscious Lemon Cake	Banana Pudding	Bumpy Cake	Chocolate Chunk Cookies	Angel Food Cake with Fresh Berries	Apple Pie Alamode	Double Chocolate Brownie