

FRED DOUGLAS LODGE				FACILITY				SUBJECT TO CHANGES					
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>AUGUST</div>								AR: ACTIVITY ROOM FL: FIRESIDE LOUNGE CH: CHAPEL GR: GAMES ROOM DR: DINING ROOM FD: FAMILY DINING BR: BOARD ROOM		1		2	
										9:15	Curls n' Crunches A.R	8:15	Spruce Activities
										10:00	Where Am I? A.R	9:25	Evergreen Activities
										11:00	Morning Walks	10:35	Willow Activities
										2:00	Entertainment in A.R w/ B-Side Apostles	1:00	Maple/Elm Activities
								5:30	Bean Bag Darts A.R	2:10	Oak Activities Exercise, Ring Toss, Think Fast		
3		4		5		6		7		8		9	
			Stat No Recreation	9:15	Exercise A.R	9:15	Break A Sweat A.R	9:15	Exercise with Justin & Eric A.R	9:15	Strength Surge A.R	8:15	Spruce Activities
				10:30	Morning Walks Outside	10:00	Word Unscramble A.R	11:00	Morning Walks Outside	10:00	Alphabet Game A.R	9:25	Evergreen Activities
				1:15	\$ Bingo A.R	11:00	Daytime Walks Outside			11:00	Daytime Walks Outside	10:35	Willow Activities
				3:30	Noodle Hockey A.R	1:15	Javelin A.R					1:00	Maple/Elm Activities
				5:30	Flower Race A.R	1:30	Affogoto Treat On Unit	3:30	Ladder Ball	1:15	Flamingo Race A.R	2:10	Oak Activities
10		11				3:30	Axe Throwing A.R	5:30	Bingo A.R	3:30	Tennis Balloon Game A.R		Exercise, Name 5
						5:30	Bean Bag Trivia A.R			5:30	Karaoke A.R		Trivia Balloon Toss
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