






FRED DOUGLAS LODGE		FACILITY				SUBJECT TO CHANGES				2026			
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		1		2		3		4		5		6	
AR: ACTIVITY ROOM FL: FIRESIDE LOUNGE CH: CHAPEL GR: GAMES ROOM DR: DINING ROOM FD: FAMILY DINING BR: BOARD ROOM		9:20 Total Body Rest AR 10:00 Who Am I? AR 1:15 Bingo AR 3:30 Target Practice AR 5:30 Shuffle Bowl AR		9:20 Dance Exercise AR 10:00 Outside walks 1:15 \$Bingo AR 3:30 Hoop Toss AR 5:30 Horse Racing		9:20 Fit Fab Fun AR 10:00 Noodle ball AR 1:15 Bocce Ball AR 3:30 Price Is Right AR 5:30 Badminton AR		9:20 Chair Exercise AR 10:00 Outside walks 3:30 Golf Pong AR 5:30 Bingo AR		9:20 Cardio work out AR 10:00 Friday Funnies AR 1:15 Bowling AR 3:30 Ladder Ball AR 5:30 Karaoke AR		8:15 Spruce Activities 9:25 Evergreen Activities 10:35 Willow Activities 1:00 Maple/Elm Activities 2:10 Oak Activities, Exercise, Noodle Ball , Think fast 10-11am World International Ministry AR	
7		8		9		10		11		12		13	
		9:20 Sweating to the Oldies AR 10:00 Trivia AR 12:00 Entertainment with Sisler Choir AR 1:15 Bingo AR 3:30 Chicken Chuck AR 5:30 Jumbo Bucket Pong AR		9:20 Noodle Exercise AR 10:30 \$Bingo AR 1:00 Entertainment with Sisler Choir AR 2:00 Entertainment with Tanis.T AR 5:30 Hockey AR		9:20 Total Body Tune up AR 10:00 What's in my Bag AR 1:15 Fathers Day Craft AR 3:30 Balloon Toss Trivia AR 5:30 Target Practice AR		9:20 One More Rep AR 10:00 Outside walks 3:30 Disk Toss AR 5:30 Bingo AR		9:20 Fresh Start Fitness AR 10:00 Thank Fast Friday AR 1:15 Horse Racing AR 3:30 Whack a Mole AR 5:30 Sing A Long AR		8:15 Spruce Activities 9:25 Evergreen Activities 10:35 Willow Activities 1:00 Maple/Elm Activities 2:10 Oak Activities, Exercise, Target practice Trivia	
14		15		16		17		18		19		20	
		9:20 Better Bodies AR 10:00 Hangman AR 1:15 Bingo AR 3:30 Noodle Ball AR 5:45 Entertainment w/ Jesse AR		9:20 Muscle Master AR 10:00 Outside walks 1:15 \$Bingo AR 3:30 Basketball AR 5:30 Volleyball AR		9:30 Inkster Park Daycare Fun with the kids 1:15 Shuffle Bowl AR 3:30 Hot Potato AR 5:30 Pass the Bucket AR		9:20 Exercise with Weights AR 10:00 Outside walks 3:30 Patio Trivia (Court Yard) 5:30 Bingo AR		8:00 Father's Day Breakfast for residents A.R 9:20 Better Bodies AR 10:00 Finish the Phrase AR 1:15 Bowling AR 3:30 Wheel Of Fortune AR 5:30 Bocce Ball AR		8:15 Spruce Activities 9:25 Evergreen Activities 10:35 Willow Activities 1:00 Maple/Elm Activities 2:10 Oak Activities, Exercise, Balloon toss Trivia ,Sing a long 10-11am World International Ministry AR	
21		22		23		24		25		26		27	
		9:20 Exercise AR 10:00 Name that Tune AR 1:15 Bingo AR 3:30 Bucket Pong AR 5:30 Tetris AR		9:20 Chai Tai-Chi AR 10:00 Outside walks 1:15 \$Bingo AR 3:30 Beanbag TicTacToe AR 5:30 Left and Right Game AR		12:00 Car Show Outside to Entertainment B-Side 3:00 Apostles, Raffle, BBQ 		9:20 R.O.M exercise AR 10:00 Outside walks 3:30 Disk Toss AR 5:30 Bingo AR		9:20 Stretch it out AR 10:00 Alphabet Game AR 1:15 Canada Day Crafts AR 3:30 Parachute Game AR 5:30 Golf Pong AR		8:15 Spruce Activities 9:25 Evergreen Activities 10:35 Willow Activities 1:00 Maple/Elm Activities 2:10 Oak Activities, Exercise, Catch the Balloon , Who am I trivia	
28		29		30	  								
		9:20 Fit,Fab &Fun AR 10:00 Balloon Toss Trivia AR 1:15 Bingo AR 3:30 Corn Hole AR 5:30 Curling AR		9:20 Total Body Reset AR 10:30 \$Bingo AR 2:00 Entertainment with Denny AR 5:30 Kerplunk AR									