



Time	Day 1 - Monday	Day 2 - Tuesday	Day 3 - Wednesday	Day 4 - Thursday	Day 5 - Friday
6:30 AM to 8:00 AM	Yoga/Chair Yoga class	Meditation /Tai Chi	Nature walk	Yoga/Chair Yoga class	Water Aerobics
7:30 AM to 9:00 AM	Breakfast				
9:00 AM to 10:00 AM	Session with Health Expert	Library - Book Reading Day	Mental Health Session	Outing day - Shopping/Lunch	Easy and Healthy Cooking session
10:00 AM to 1:00 PM	Community Work /Social Service		Counselling with Mental Health Expert		
12:30 to 2:00 PM	Lunch				
2:00 to 4:00 PM				Outing day - Shopping/Lunch	
4:00 to 5:00 PM	Snacks and High Tea				
5:00 to 6:00 PM	Arts Session - Painting	Health Checkup	Zumba Class	Music Class	Movie time - Hollywood/Bollywood/Regional
6:00 to 8:00 PM			Spa Time	Sing -along	
7:30 to 9:00 PM	Dinner				

Time	Day 6 - Saturday	Day 7 - Sunday	Day 8 - Monday	Day 9 - Tuesday	Day 10 - Wednesday
6:30 AM to 8:00 AM	Nature walk	Prayers	Yoga/Chair Yoga class	Water Aerobics	Meditation /Tai Chi
7:30 AM to 9:00 AM	Breakfast				
9:00 AM to 10:00 AM	Outdoor Sports/Games Day	Grooming Session - Manicure, Hand Massage	Community Work /Social Service	Library - Book Reading Day	Learn Gardening
10:00 AM to 1:00 PM					
12:30 to 2:00 PM	Lunch				
2:00 to 4:00 PM					
4:00 to 5:00 PM	Snacks and High Tea				
5:00 to 6:00 PM	Evening Stroll - Bird watching	Indoor - Play Cards/Chess/Carrom	Pottery Making Session	Arts Therapy	Dance Class
6:00 to 8:00 PM	Play Puzzles				Spa Time

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7:30 to 9:00 PM	Dinner
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Time	Day 12 - Thursday	Day 13 - Friday	Day 14 - Saturday	Day 15 - Sunday	Day 16 - Monday
6:30 AM to 8:00 AM	Nature walk	Meditation /Tai Chi	Yoga/Chair Yoga class	Prayers	Water Aerobics
7:30 AM to 9:00 AM	Breakfast				
9:00 AM to 10:00 AM	Outing day - Shopping	Language Class	Cultural Day - Dance and Music	Men's Day-Out	Community Work /Social Service
10:00 AM to 1:00 PM					
12:30 to 2:00 PM	Lunch				
2:00 to 4:00 PM	Outing day - Shopping				
4:00 to 5:00 PM	Snacks and High Tea				
5:00 to 6:00 PM	Arts Session - Card Making	Movie time - Hollywood/Bollywood/Regional	Evening Stroll - Bird watching	Indoor - Play Cards/Chess/Carrom	Clay Modelling Session
6:00 to 8:00 PM			Play Puzzles		
7:30 to 9:00 PM	Dinner				

Time	Day 17- Tuesday	Day 18 - Wednesday	Day 19 - Thursday	Day 20 - Friday	Day 21 - Saturday
6:30 AM to 8:00 AM	Nature walk	Meditation /Tai Chi	Yoga/Chair Yoga class	Water Aerobics	Meditation
7:30 AM to 9:00 AM	Breakfast				
9:00 AM to 10:00 AM	Library - Book Reading Day	Session on Social Media	Outing day - Shopping	Picnic	Outdoor Sports/Games Day
10:00 AM to 1:00 PM		Apps that help			
12:30 to 2:00 PM	Lunch				
2:00 to 4:00 PM			Outing day - Shopping		
4:00 to 5:00 PM	Snacks and High Tea				
5:00 to 6:00 PM	Music Class	Aerobics Class	Indoor - Play Cards/Chess/Carrom	Movie time - Hollywood/Bollywood/Region	Evening Stroll - Bird watching

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6:00 to 8:00 PM	Sing -along	Spa time		al	Play Puzzles
7:30 to 9:00 PM	Dinner				

Time	Day 22 - Sunday	Day 23 - Monday	Day 24 - Tuesday	Day 25 - Wednesday	Day 26 - Thursday
6:30 AM to 8:00 AM	Prayers	Nature Walk	Yoga/Chair Yoga class	Water Aerobics	Meditation /Tai Chi
7:30 AM to 9:00 AM	Breakfast				
9:00 AM to 10:00 AM	Indoor - Play Cards/Chess/Carrom	Community Work /Social Service	Library - Book Reading Day	Pets Care session	
10:00 AM to 1:00 PM				Spend time with Visiting Pets	Outing day - Shopping
12:30 to 2:00 PM	Lunch				
2:00 to 4:00 PM					Outing day - Shopping
4:00 to 5:00 PM	Snacks and High Tea				
5:00 to 6:00 PM		Origami - Paper Art Session	Music Class	Grooming Session	Indoor - Play Cards/Chess/Carro m
6:00 to 8:00 PM			Sing-along	Body Massage	
7:30 to 9:00 PM	Dinner				

Time	Day 27 - Friday	Day 28 - Saturday	Day 29 - Sunday	Day 30 - Monday	Day 31 - Tuesday
6:30 AM to 8:00 AM	Nature walk	Yoga/Chair Yoga class	Prayers	Water Aerobics	Meditation /Tai Chi
7:30 AM to 9:00 AM	Breakfast				
9:00 AM to 10:00 AM	Language Class	Cultural Day - Dance and Music	Women's Day Out	Community Work /Social Service	Library - Book Reading Day
10:00 AM to 1:00 PM					
12:30 to 2:00 PM	Lunch				
2:00 to 4:00 PM					
4:00 to 5:00 PM	Snacks and High Tea				

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5:00 to 6:00 PM	Movie time - Hollywood/Bollywood/R egional	Evening Stroll - Bird watching	Indoor - Play Cards/Chess/Carrom	Dance Class Spa Time	Arts and Crafts
6:00 to 8:00 PM		Play Puzzles			
7:30 to 9:00 PM	Dinner				

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