



Payson Activities

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| | | | | | 1 9:45am Rolling Refreshments BW 10:45am Chair Yoga SSR 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 3:00pm Vitality Tai Chi LB 3:30pm Painting Club SSR 6:15pm Aromatherapy SSR | 2 9:45am Rolling Refreshments BW 10:45am Morning Exercise - Ball Toss SSR 1:15pm Complete the Phrase SSR 2:15pm Rolling Refreshments BW 3:30pm Chorus SSR 6:15pm Story Telling SSR |
| 3 9:45am Rolling Refreshments BW 10:45am Freddie the Dog Visit BW 11:45am Sunday Lunch with Dyllan PDR 1:30pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm Live Music w/ Lee Todd CY 6:00pm Super Bowl GR NE Patriots vs. LA Rams 6:15pm Evening Engagement SSR | 4 9:45am Rolling Refreshments BW 10:45am Morning Stretches SSR 1:15pm Expression in Colors SSR 2:15pm Rolling Refreshments BW 3:30pm Cookie Decorating SSR 5:45pm Evening Movie PM | 5 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Flower Arranging SSR 2:15pm Rolling Refreshments BW 3:00pm Vitality Tai Chi LB 4:00pm Travel Club LB 6:15pm Music & Massage SSR | 6 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm Wine & Cheese w/ Jose LB 6:15pm Story Telling SSR | 7 9:45am Rolling Refreshments BW 9:45am Creative Painting w/ Nancy LY 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:30pm Cleaning Club SSR 6:15pm Chorus Video PM | 8 9:45am Rolling Refreshments BW 10:30am Ukulele Lee LY 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 3:30pm Painting Club SSR 6:15pm Aromatherapy SSR | 9 9:45am Rolling Refreshments BW 10:45am Poetry SSR 1:15pm Complete the Phrase SSR 2:15pm Rolling Refreshments BW 3:30pm Chorus LB 6:15pm Story Telling SSR |
| 10 9:45am Rolling Refreshments BW 10:45am Chorus SSR 11:45am Sunday Lunch with Dyllan PDR 1:30pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm Live Music w/ Bess SSR 6:15pm Evening Engagement SSR | 11 9:45am Rolling Refreshments BW 10:45am Morning Stretches SSR 1:15pm Expression in Colors SSR 2:15pm Rolling Refreshments BW 3:30pm Live Music w/ Monique LB 6:15pm Evening Movie PM | 12 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Flower Arranging SSR 2:15pm Rolling Refreshments BW 3:00pm Vitality Tai Chi LB 4:00pm Travel Club BW 6:15pm Music & Massage SSR | 13 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm Wine & Cheese w/ Glenn LB 6:15pm Story Telling SSR | 14 Valentine's Day 9:45am Rolling Refreshments BW 10:45am National Geographic SSR 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:30pm Valentine's Day Social LY 6:15pm Chorus Video PM | 15 9:45am Rolling Refreshments BW 10:45am Chair Yoga SSR 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 3:30pm Painting Club SSR 6:15pm Aromatherapy SSR | 16 9:45am Rolling Refreshments BW 10:45am Morning Exercise - Ball Toss SSR 1:15pm Poetry SSR 2:15pm Rolling Refreshments BW 3:30pm Complete the Phrase SSR 6:15pm Story Telling SSR |
| 17 9:45am Rolling Refreshments BW 10:45am Freddie the Dog Visit BW 11:45am Sunday Lunch with Dyllan PDR 1:30pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm Word Games PM 6:15pm Evening Engagement SSR | 18 9:45am Rolling Refreshments BW 10:45am Morning Stretches SSR 1:15pm Expression in Colors SSR 2:15pm Rolling Refreshments BW 3:30pm Cookie Decorating SSR 5:45pm Evening Movie PM | 19 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Flower Arranging SSR 2:15pm Rolling Refreshments BW 3:00pm Vitality Tai Chi LB 4:00pm Travel Club SSR 6:15pm Music & Massage SSR | 20 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm Wine & Cheese w/ Per & Tom LB 6:15pm Story Telling SSR | 21 9:45am Rolling Refreshments BW 10:45am Books on Wheels SSR 10:45am Books on Wheels SSR 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:30pm Cleaning Club SSR 6:15pm Chorus Video PM | 22 9:45am Rolling Refreshments BW 10:45am Chair Yoga SSR 1:15pm Men's Council PDR 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 3:30pm Painting Club SSR 6:15pm Aromatherapy SSR | 23 9:45am Rolling Refreshments BW 10:45am Poetry SSR 1:15pm Complete the Phrase SSR 2:15pm Rolling Refreshments BW 3:30pm Chorus LB 6:15pm Story Telling SSR |
| 24 9:45am Rolling Refreshments BW 10:45am Chorus SSR 11:45am Sunday Lunch with Dyllan PDR 1:30pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm Word Games PM 6:15pm Evening Engagement SSR | 25 9:45am Rolling Refreshments BW 10:45am Morning Stretches SSR 1:15pm Expression in Colors SSR 2:15pm Rolling Refreshments BW 3:30pm Chocolate Dipping SSR 6:15pm Evening Movie PM | 26 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Prayer Reading SSR 2:15pm Rolling Refreshments BW 3:00pm Vitality Tai Chi LB 4:00pm Travel Club SSR 6:15pm Music & Massage SSR | 27 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm Wine & Cheese w/ Per & Sorcha LB 6:15pm Story Telling SSR | 28 9:45am Rolling Refreshments BW 9:45am Creative Painting w/ Nancy LY 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:30pm Cleaning Club SSR 6:15pm Sing-A-Long Video SSR | | |

Activity Locations

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| CY | Center Courtyard | SDR | Secure Dining Room |
| GR | Game Room (Stroudwater) | SSR | Secure Sitting Room |
| LB | Lobby | DR | Dining Room |
| LY | Library | BW | Building Wide |
| PM | Payson Movie Room | DRP | Patio outside DR |
| SA | Salon | O | Outside |
| SCY | Secure Courtyard | PDR | Private Dining Room |

Meal Times

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| Breakfast | 7:45am |
| Lunch | 11:45am |
| Dinner | 4:45pm |

Special Meal Times Listed on Calendar