PILGRIMS' FRIEND SOCIETY

Sample Activity Sheet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				11:15 AM Bridgemead Prayer		
11:45 AM Daily Devotions:	11:45 AM Communion	11:45 AM Daily Devotions	11:45 AM Daily Devotions	11:45 AM Daily Devotions		
2 PM Musical Chairs *(Chair based exercise with Patricia)*	2 PM A trip down memory lane…	2 PM Golden Oldies Singalong	2 PM Indoor ball games	2 PM Word games	3 PM Saturday Afternoon at the Movies	3:30 PM Sunday Service
						