

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2023

					11:00 Seated kickboxing (64) 6:30 Bingo (GSA) 7:00 Relaxation (64) April Fools' Day	
10:00 Worship 2 1:30 Coffee & Chat (O) Palm Sunday	10:00 EnerG Exercises(O) 3 1:00 Exercises (64) 10:30 :Easter basket (CT) 1:00 Exercises (64) 2:00 Pokeno(CT) 6:00 Evening Stretch(64) 7:00 Relaxation(64)	8:30 Donuts &Coffee (CT) 4 9:00 Craft & Bake Sale(CT) 1:00 Exercises (64) 2:00 500, Yahtzee, Cribbage (CT) 6:00 Evening Stretches (64) 6:30 Bingo (CT) 7:00 Relaxation (64)	10:30ActiveGames (CT) 5 1:00 Exercises (64) 1:30 Coffee & Chat (GSA) 2:45 Power Pump (TG) 6:00 Evening Stretches (64) 7:00 Relaxation exercise(64)	10:00 Mass(64)Communion 6 in Court Dining room following the service. 1:00 Exercises 2:00 Easter craft (W) 6:30 Bingo (O) Theme: Wear an Easter Bonnet or pastel colors	10:00 EnerG Exercises (O) 7 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30MovieThe Shaggy dogCT 2:00 Good Friday service (C) 6:00 Evening Stretches(64) 7:00 Relaxation (64)	11:00 Seated kickboxing (64) 6:30 Bingo (GSA) 7:00 Relaxation (64)
10:00 Worship 9 1:30 Coffee & Chat (O) Easter Sunday	10:00 EnerG Exercises(O) 10 10:30 BrownBread/raisin CT) 11:00 Kickboxing (64) 1:00 Exercises (64) 2:00 Pokeno(GSA) 6:00 Evening Stretches(64) 7:00 Relaxation (64)	10:30 Pilates (CT) 11 1:00 All buildings Garden meeting (CT) 1:00 Exercises (64) 2:00 Birthday Party(CT) Music/Jerry Fisher 6:00 Evening Stretches (64) 6:30 Bingo (CT)	10:30ActiveGames (CT) 12 1:00 Exercises (64) 1:30 Coffee & Chat (GSA) 2:45 Power Pump (TG) 3:00 Bible Study 6:00 Evening Stretches (64) 7:00 Relaxation (64)	10:30 Kickboxing(CT) 13 1:00 Exercises (64) 1:30 Rosary/Mass(C) 6:00 Evening Stretches(64) 6:30 Bingo (O) Theme: Willie Wonka Day	10:00 EnerG Exercises (O) 14 1:00 Exercises (64) 1:30 Movie Where the Red fern grows (CT) 6:00 Evening Stretches (64) 7:00 Relaxation (64)	11:00 Seated kickboxing (64) 6:30 Bingo (GSA) 7:00 Relaxation (64)
10:00 Worship 16 1:30 Coffee & Chat (O)	10:00 EnerG Exercises(O) 17 10:00 Popovers (CT) 11:00 kickboxing (64) 1:00 Exercises (64) 2:00 Pokeno(W) 6:00 Evening Stretches (64) 7:00 Relaxation (64)	10:30 Pilates (CT) 18 1:00 Exercises (64) 2:00 A Speaker on Good Shepherd Services 101(CT) 6:00 Evening Stretches (64) 6:30 Bingo (CT) 7:00 Relaxation(64)	10:30ActiveGames (CT) 19 1:00 Exercises (64) 1:30 Coffee & Chat (GSA) 2:45 Power Pump (TG) 3:00 Bible study 6:00 Evening Stretches (64) 7:00 Relaxation (64)	10:30 Kickboxing(CT) 20 1:00 Exercises (64) 1:30 Rosary/Mass(64) 6:00 Evening Stretches(64) 6:30 Bingo (O) Theme: MN Twins day	10:00 EnerG Exercises (O) 21 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie Eight below (CT) 6:00 Evening Stretches(64) 7:00 Relaxation (64)	11:00 Seated kickboxing (64) 6:30 Bingo (GSA) 7:00 Relaxation (64) Earth Day
10:00 Worship 23 1:30 Coffee & Chat (O)	10:00 EnerG Exercises(O) 24 10:30 Fruit Smoothies (CT) 11:00 Kickboxing (64) 1:00 Exercises (64) 2:00 Pokeno(O) 6:00 Evening Stretches (64) 7:00 Relaxation (64)	10:30 Pilates (CT) 25 1:00 Exercises (64) 2:00 Horse racing (O) 6:00 Evening Stretches (64) 6:30 Bingo (CT) 7:00 Relaxation(64)	10:30ActiveGames (CT) 26 1:00 Exercises (64) 1:30 Coffee & Chat (GSA) 2:00 Court Tenant meeting 2:45 Power Pump (TG) 6:00 Evening Stretches (64) 7:00 Relaxation (64)	10:30 Kickboxing(CT) 27 1:00 Exercises (64) 1:30 Rosary/Mass(C) 2:00 Craft hour Jewelry (CT) 6:00 Evening Stretches(64) 6:30 Bingo (O) Theme: Wear Camo	10:00 EnerG Exercises (O) 28 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie Guys & Dolls (CT) 6:00 Evening Stretches(64) 7:00 Relaxation (64)	11:00 Seated kickboxing (64) 6:30 Bingo (GSA) 7:00 Relaxation (64)
10:00 Worship 30 1:30 Coffee & Chat (O)	GSA=High rise, CT=Court, O=Oaks, W=west, C=Church, TG=Therapy Gym, 64=Channel 64 on you TV, FH=Fellowship Hall					