

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday                      |
|--|---|--|---|---|---|-------------------------------|
|                                       | <b>1</b><br>9:00-10:00 Walks (CT)<br>10:00-10:30 EnerG Exercises (CT)<br>10:30-11:30 Baking: Easter cupcakes (CT) Easter sharing<br>1:00-2:00 Power Pump (TG)<br>1:30 Rosary/ 2:00 Mass (C)<br>3:15 Fireside/Garden Chats (GSA)   | <b>2</b><br>9:00-10:00 Walks (CT)<br>10:30-11:30 Seated Pilates (CT)<br><b>2:00-3:30 Birthday Party: Music with Jerry Fisher</b> (CT)<br>4:00 Fireside chats (GSA)<br>6:30 Bingo (CT)  | <b>3</b><br>9:00 -10:00 Walks (CT)<br>10:30-11:00 Active games, Bean bag toss (CT)<br>1:30-2:00 Coffee & Chat (GSA)1<br>2:00 Welcome Home Vet Program (C)<br>2:00 Bible Study (C)<br>2:45 Power Pump (TG)   | <b>4</b><br>8:30 Morning Stretches (GSA)<br>9:00 -10:00 Walks (CT)<br>10:30-11:15 Chair Kickboxing (CT) Sing a long<br>2:00-3:00 Pokeno (O)<br>6:30 Bingo (O)<br>Off at 12:30                                 | <b>5</b><br>8:30 Tai Chi (CT)<br>9:00 Walks (CT)<br>10:00 EnerG Exercises (O)<br>10:30 Indoor Games/Bowling (W)<br>1:30-3:30 Movie: Angel Flight Down (CT)<br>3:30 Fireside Chats (GSA)   | <b>6</b><br>6:30 Bingo (GSA)  |
| <b>7</b><br>10:00 Worship (C)<br><b>8</b><br>1:30 Coffee & Chat (O)  | <b>8</b><br>8:30 Relaxation Music & Meditation (CT)<br>9:00-10:00 Walks (CT)<br>10:00-10:30 EnerG Exercise (CT)<br>10:30-11:30 Baking: Orange Cookies (CT) & Trivia Chats<br>1:00-2:00 Power Pump (TG)<br>2:30-3 Afternoon Stretches (GSA)<br>1:30 Rosary /2:00 Mass (C)<br>3:15 Fireside/Garden Chats (GSA)  | <b>9</b><br>8:30 Dice Games (CT)<br>9:00-10:00 Walks (CT)<br>10:30-11:30 Seated Pilates (CT)<br>1:30-3:30 Cribbage, 500, Yahtzee (CT)<br>3:30-4:30 Fireside Chats (GSA)<br>6:30 Bingo (CT)   | <b>10</b><br>8:30 Tea and Rolls (GSA)<br>9:00-10:00 Walks (CT)<br>10:30-11:30 Active games, Volleyball (CT)<br>1:30-2:30 Pool games (GSA)2<br>2:00-3:00 Bible Study (C)<br>2:45-3:45 Power Pump (TG)<br>6:30 500 (O)  | <b>11</b><br>8:30 Morning Stretch (CT)<br>9:00-10:00 Walks (CT)<br>10:30-11:15 Chair Kickboxing (CT) Sing a long<br>2:00 Pokeno (CT) A<br>3:00 Spring Crafts Butterfly's & Dragonfly's (CT)<br>6:30 Bingo (O) | <b>12</b><br>9:00-10:00 Walks (CT)<br>10:00-10:30 EnerG Exercises (O)<br>10:30-11:15 Indoor Games/ Lawn Darts (W)<br>1:30-4:00 Movie: I can (CT)<br>3:30-4:30 Fireside Chats (GSA) *  | <b>13</b><br>6:30 Bingo (GSA) |
| <b>14</b><br>10:00 Worship (C)<br><b>15</b><br>1:30 Coffee & Chat (O)  | <b>15</b><br>8:30 Relaxation Music & Meditation (GSA) A<br>9:00-10:00 Walks (CT) R*<br>10:00-10:30 EnerG Exercise (CT)R<br>10:30 Baking: Cookies & cream Muddy Buddies (CT) & trivia-A<br>1:00-2:00 Power Pump (TG) A<br>1:30 Rosary/2:00 Mass (C)<br>2:30-3:30 Afternoon Stretch GSA-A<br>3:15 Fireside/Garden Chats (GSA) R*                                    | <b>16</b><br>8:30 Manicures (CT) A<br>9:00-10:00 Walks (CT) R*<br>10:30 Seated Pilates (CT) A<br>1:00 Hand Spa (CT)A<br><b>2:00-3:30 Music with Nathan Neuman</b> (CT) A<br>3:30 Fireside Chats (GSA) R*<br>6:30 Bingo (CT) R  | <b>18</b><br>8:30 Card games (GSA) A<br>9:00-10:00 Walks (CT) R*<br>10:30-11:30 Active games, Corn Hole (CT) A<br>1:30-2:30 Coffee & Chat/Uffda & Farkle (GSA)1 Scene/Music- A<br>2:00-3:00 Bible Study (C)<br>2:45-3:45 Power Pump (TG) A<br>6:30 500 (O) R              | <b>18</b><br>8:30 Morning Stretch (O) A<br>9:00-10:00 Walks (CT) R*<br>10:30-11:15 Chair Kickboxing (CT) A<br>2:00-3:00 Pokeno (GSA) A<br>3:00-4:00 Crafts: Water Painting Class (GSA) A<br>6:30 Bingo (O) R  | <b>19</b><br>8:30 Senior Yoga (CT) A<br>9:00-10:00 Walks (CT) R*<br>10:00-10:30 EnerG Exercise (O)- R<br>10:30-11:15 Indoor Games/Bean bag toss (W) A<br>1:30-2:30 Games: 500, Cribbage, Yahtzee (CT)*R<br>3:00-4:00 Fireside Chats (GSA)*R | <b>20</b><br>6:30 Bingo (GSA) |
| <b>21</b><br>10:00 Worship (C)<br><b>22</b><br>1:30 Coffee & Chat (O)<br>National Coin Week<br>National Volunteer Week | <b>22</b><br>8:30 Relaxation Music & Meditation (CT) A<br>9:00 Walks (CT) R*<br>10:00-10:30 EnerG Exercise (CT) R<br>10:30-11:30 Baking: 100 grand bar (CT) & Coin/Arbor Day Trivia-A<br>1:00 Power Pump (TG)-A<br>1:30 Rosary/2:00-3:00 Mass (C)<br>2:30-3:30 Afternoon Stretches (GSA)-A<br>3:15 Fireside/Garden Chats (GSA) R*<br>Passover Begins<br>Earth Day | <b>23</b><br>8:30 Hand massages (GSA)A<br>9:00-10:00 Walks (CT)R*<br>10:30-11:00 Seated Pilates (CT)A<br><b>1:30-2:30 Currency/coin presentation.</b> How well do you know your coins (CT) A<br>2:45-4:00 Cribbage, 500, Yahtzee (CT)R*<br>3:30-4:30 Fireside Chats (GSA)R*<br>6:30 Bingo (CT) | <b>24</b><br>8:30 Tea and Cookies (O)A<br>9:00-10:00 Walks (CT)R*<br>10:30-11:30 Active games, Ladder ball (CT)A<br>1:30-2:30 Remember When/ collections (O)A<br>2:00 Bible Study (C)<br>2:45-3:45 Power Pump (TG)A<br>6:30 500 (O) R<br>Administrative Professionals Day | <b>25</b><br>8:30 Morning Stretch (W) A<br>9:00 -10:00 Walks (CT) R*<br>10:30-11:00 Chair Kickboxing (CT) A<br>2:00-3:00 Pokeno (W) R<br>3:15-4:15 Writing group (GSA) A<br>6:30 Bingo (O) R                  | <b>26</b><br>8:30 Tai Chi (GSA) A<br>9:00 Walks (CT) R*<br>10:00 EnerG Exercises (O) R<br>10:30-11:15 Indoor Games/Ladder ball (W) A<br>1:30 Movie: Ghost (CT) A<br>3:30 Fireside Chats (GSA) R*<br>Arbor Day                               | <b>27</b><br>6:30 Bingo (GSA) |
| <b>28</b><br>10:00 Worship (C)<br><b>29</b><br>1:30 Coffee & Chat (O)  | <b>29</b><br>8:30 Morning Tea (GSA) A<br>9:00-10:00 Walks (CT) R*<br>10:00-10:30 EnerG Exercise (CT) R<br>10:30 Baking: Berry Dump cake (CT) Garden reminiscing- A<br>1:00 Power Pump (TG)- A<br>1:30 Rosary/2:00 Mass (C)<br>2:30-3:30 Afternoon Stretches (GSA) A<br>3:15 Fireside/Garden Chats (GSA) R*  | <b>30</b><br>8:30 Card Games (CT) A<br>9:00 -10:00 Walks (CT) R*<br>10:30 Seated Pilates (CT) A<br>1:00-1:30 Book Reading (O) A<br><b>2:00-3:00 Speaker: Intellectual Wellness (CT) A</b><br>3:15-4:15 Cribbage, 500, Yahtzee (CT) R*<br>6:30 Bingo (CT) R                                     | <b>Calendar Key:</b><br>W=West, O=Oaks,<br>CT=Court, C=Church<br>GSA=Highrise, ,<br>FH=Fellowship Hall,<br>TG=Therapy Gym<br>R=Tenant led,<br>A=Staff led   |    |   |                               |