April 2024 Monthly Activities Theme-Your Joy Sunday Monday Tuesday Wednesday Thursday Friday Saturday 9:30 • Stretch and Flex with 9:30 • Sit and Be Fit with 9:30 • Guided Meditation [T] National Rainbow Day! 9:30 • Exercise with us! [T] 9:30 • Exercise with us! [T] Resident Lead Daily Symbria 9:30 • Exercise with us! [T] Symbria [B] 9:30 • Guided Meditation [T] - Resident Lead Daily Chronicle and Current Resident Lead Daily Resident Lead Daily Resident Lead Daily Resident Lead Daily Chronicle and Chronicle and Current Events [T] Chronicle and Current Events [T] Events [T] Chronicle and Current Events [T] Chronicle and Current Events [T] Current Events [T] 10:30 Howdy Hydration [T] 10:30 • Entertainer: Eugene Plays the 10:00 • Wheeling High School Volunteers 10:30 Howdy Hydration [T] MEMORY CARE 10:30 Howdy Hydration [T] 10:30 • Howdy Hydration [T] 11:00 • Devotions Words of Hope and Concertina 10:30 Howdy Hydration [T] 11:00 • Devotions Words of Hope and 11:00 • Devotions Words of Hope and 11:00 • Devotions Words of Hope and ASPIRED LIVING OF Encouragement [GR] 10:30 Howdy Hydration [T] 11:00 Devotions Words of Hope and Encouragement [GR] Encouragement [GR] Encouragement [GR] PROSPECT HEIGHTS 11:30 • Signs of the Zodiac For April [T] 11:00 • Devotions Words of Hope and Encouragement [GR] 11:30 • The Golden Rule Discussion Group 11:30 Colors of The Rainbow Word Gam 1:30 • Bingo [L] BY SENIOR LIFESTYLE Encouragement [GR] 11:30 • Trivia: 'A' is for April Trivia 1:30 • Creative Expressions [CS] a Senior Lifestyle community 2:30 Bistro Bowling [B] 11:30 • Word Games [T] 2:00 🖨 Scenic Drive 3:00 • Golden Girls Committee [CS] 1:30 Bistro Bowling 1:30 • Bake Club [B] 2:30 • Ice Cream Social [B] 2:45 • Healthy Hands with Symbria 3:00 Music Appreciation Hour [B] 2:30 • Happy Hour [B] 3:30 • Aqua Painting [B] 2:00 A Scenic Drive 3:30 Garden Club [L] 3:30 • Nail Spa [CS] WWW.SENIORLIFESTYLE.COM 4:00 Garden Club: April is National 3:30 • Classic Records [B] 3:00 • Color me Calm [B] 6:00 • Classic Evening Movie [T] Gardening Month Reading [CS] 6:00 • Classic Evening Movie [T] 6:00 • Classic Radio Show [B] 6:00 • Evening Movie 4:00 • Word Games Activities are subject to change 6:00 • Classic Evening Movie [L] 6:00 • Classic Radio Show [B] National Farm Animals Day 9:30 • Exercise with us! [T] 9:30 • Guided Meditation [T] 9:30 • Stretch and Flex with 9:30 • Sit and Be Fit with 9:30 • Exercise with us! [T] 9:30 • Exercise with us! [T] 9:30 • Exercise with us! [T] Resident Lead Daily Symbria Symbria [B] 9:30 • Guided Meditation [T] Resident Lead Daily Resident Lead Daily Chronicle and Current - Resident Lead Daily Resident Lead Daily Chronicle Resident Lead Daily - • Resident Lead Daily Chronicle and Chronicle and Events [T] Chronicle and Current Events [T] and Current Events [T] Chronicle and Current Events [T] Chronicle and Current Events [T] Current Events [T] Current Events [T] 10:30 Howdy Hydration [T] 10:30 Howdy Hydration [T] 10:30 • Entertainer: Eugene Plays the 10:30 Howdy Hydration [T] 10:30 Howdy Hydration [T] 10:30 Howdy Hydration [T] 10:30 • Howdy Hydration [T] 11:00 • Catholic Mass in Assisted Living 1:00 • Devotions Words of Hope and Concertina 11:00 • Devotions Words of Hope and 11:00 • Educational Presentation by Wings Community Room [CR] ASPIRED LIVING OF 10:30 Non-denominational Church 11:00 • Devotions Words of Hope and 10:30 Howdy Hydration [T] Encouragement [GR] Encouragement [GR] and Talons [GR] 11:00 • Devotions Words of Hope and Encouragement [GR] PROSPECT HEIGHTS Service [T] 11:30 • As The Pages Turn Readings and 11:00 Devotions Words of Hope and 11:30 • Trivia: Farm Animals Word Game 11:30 • As The Pages Turn Readings and Encouragement [GR] Discussion: April is National Tulip 1:30 • Balloon Volleyball [GR] Encouragement [GR] 11:30 • As The Pages Turn Readings and 1:30 Bake Club [B] Discussion [T] 1:30 • Bingo [L] a Senior Lifestyle community Month [T] 11:30 • Word Games [T] 2:30 • Chef Demo 2:30 • Happy Hour [B] 2:00 🖨 Scenic Drive 2:30 • Bistro Bowling [B] 1:30 Bistro Bowling 1:30 • Creative Expressions [CS] 2:30 • Ice Cream Social [B] 3:30 • Classic Records [B] 2:45 • Healthy Hands with Symbria 2:30 • Sing-a-longs [T] 3:30 • Aqua Painting [B] 2:00 Prospect Heights Library Reading 3:00 Music Appreciation Hour [B] 3:30 Garden Club [L] 6:00 • Evening Movie 3:30 • Nail Spa [CS] 3:30 • Bozo Buckets [B] 6:00 • Classic Evening Movie [T] 3:30 • Entertainer: Mike Basin [B] 4:00 • Garden Club [CS] 6:00 • Classic Evening Movie [T] 6:00 • Classic Radio Show [B] 6:00 • Classic Evening Movie [L] 4:00 Word Games 6:00 • Classic Evening Movie [L] 6:00 • Classic Radio Show [B] 9:30 • Exercise with us! [T] 9:30 • Guided Meditation [T] 9:30 • Stretch and Flex with National Banana Day 9:30 • Sit and Be Fit with 18 9:30 • Exercise with us! [T] 9:30 • Exercise with us! [T] Resident Lead Daily Symbria 9:30 Fxercise with us! [T] Symbria [B] 9:30 • Guided Meditation [T] Resident Lead Daily *Diversity Event Resident Lead Daily - Resident Lead Daily Chronicle Chronicle and Current - Resident Lead Daily Resident Lead Daily - Resident Lead Daily Chronicle and Chronicle and *Outing and Current Events [T] Chronicle and Current Events [T] Events [T] Chronicle and Current Events [T] Chronicle and Current Events [T] Current Events [T] Current Events [T] 10:30 Howdy Hydration [T] 10:30 Howdy Hydration [T] 10:30 • Entertainer: Eugene Plays the 10:30 Howdy Hydration [T] - • Entertainer: Drum Circle [B] CONNECT 10:30 Howdy Hydration [T] 10:30 Howdy Hydration [T] 11:00 • Catholic Mass in Assisted Living 1:00 • Devotions Words of Hope and Concertina 11:00 • Devotions Words of Hope and 10:30 Howdy Hydration [T] Community Room [CR] 10:30 Non-denominational Church 11:00 • Devotions Words of Hope and 10:30 Howdy Hydration [T] CONTRIBUTE Encouragement [GR] Encouragement [GR] 11:00 • Devotions Words of Hope and 11:00 Devotions Words of Hope and Service [T] Encouragement [GR] 11:00 Pet Therapy with Judy [B] 11:00 Devotions Words of Hope and Encouragement [GR] 11:30 • 'A' Is For April Word Game Encouragement [GR] _FEEL 1:30 • Balloon Volleyball [GR] 11:30 • As The Pages Turn Readings and Encouragement [GR] 11:30 • On This Day in History: Ford Mustang 1:30 • Bake Club [B] 1:30 • Bingo [L] 11:30 • As The Pages Turn Readings and Debuts at the World Fair [T] 11:30 • Word Games [T] GROW 2:30 • Sing-a-longs [T] Discussion [T] 2:30 • Happy Hour [B] Discussion [T] 2:30 Bistro Bowling [B] 2:00 Banana Split Social [B] 1:30 • Creative Expressions [CS] 1:45 • Entertainer: Devin Starr [B] 3:30 • Classic Records [B] 2:00 🖨 Scenic Drive 3:30 Bozo Buckets [B] 3:30 • Agua Painting [B] MOVE 2:00 🖨 Scenic Drive 3:00 Music Appreciation Hour [B] 2:30 • Ice Cream Social [B] 2:45 • Healthy Hands with Symbria 6:00 • Evening Movie 6:00 • Classic Evening Movie [L] 6:00 • Classic Evening Movie [T] 3:00 Oclor me Calm [B] REFLECT 4:00 • Garden Club [CS] 3:30 • Garden Club [L] 3:30 • Nail Spa [CS] 4:00 Word Games 6:00 • Classic Evening Movie [L] 6:00 • Classic Evening Movie [T] 6:00 • Classic Radio Show [B] 6:00 • Classic Radio Show [B] 9:30 • Exercise with us! [T] 9:30 • Exercise with us! [T] 9:30 • Guided Meditation [T] 9:30 • Stretch and Flex with 9:30 • Exercise with us! [T] 9:30 • Sit and Be Fit with National Pretzel Day Resident Lead Daily Chronicle - Resident Lead Daily Symbria Symbria [B] Resident Lead Daily 9:30 • Exercise with us! [T] Resident Lead Daily Resident Lead Daily and Current Events [T] Resident Lead Daily Chronicle and Current 9:30 • Guided Meditation [T] Chronicle and Chronicle and 0:30 Howdy Hydration [T] Events [T] Chronicle and Current Events [T] Chronicle and Current Events [T] Current Events [T] - • Resident Lead Daily Chronicle and Current Events [T] 1:00 • Catholic Mass in Assisted Living 10:30 Howdy Hydration [T] 10:30 • Entertainer: Eugene Plays the 10:00 • Wheeling High School Volunteers Current Events [T] 10:30 Howdy Hydration [T] Community Room [CR] 10:30 Howdy Hydration [T] 1:00 • Devotions Words of Hope and Concertina 11:00 • Devotions Words of Hope and 10:30 Howdy Hydration [T] 10:30 Howdy Hydration [T] 10:30 Non-denominational Church 11:00 • Devotions Words of Hope and Encouragement [GR] 0:30 Howdy Hydration [T] 11:00 • Devotions Words of Hope and Encouragement [GR] 11:00 • Devotions Words of Hope and Service [T] Encouragement [GR] 11:00 • Devotions Words of Hope and 11:30 As The Pages Turn Readings and 11:30 As The Pages Turn Readings and Encouragement [GR] Encouragement [GR] 1:30 • Balloon Volleyball [GR] Discussion [T] Encouragement [GR] Discussion [T] 11:30 • Trivia 1:30 • Bingo [L] 11:30
National Audubon Day Reading [T 1:30 Bistro Bowling 1:30 • Creative Expressions [CS] 1:30 Word Games [T] 2:30 • Sing-a-longs [T] 1:30 • Bake Club [B] 2:30 • Bistro Bowling [B] 2:00 \(\subseteq \text{ Scenic Drive} \) 2:00 Prospect Heights Library Reading 3:00 Music Appreciation Hour [B] 2:30 • Ice Cream Social [B] 2:30 • Happy Hour [B] 3:30 Bozo Buckets [B] 3:30 • Agua Painting [B] 2:45 • Healthy Hands with Symbria 2:00 A Scenic Drive **Location Kevs** 4:00 • Garden Club [CS] 3:30 • Entertainer: Heather [B] 3:30 • Classic Records [B] 3:30 • Month Of April Birthday Celebratio 6:00 • Classic Evening Movie [L] 3:00 Oclor me Calm [B] 6:00 • Classic Evening Movie [T] Bistro 6:00 • Classic Evening Movie [L] 3:30 Garden Club [L] 6:00 • Evening Movie 4:00 Word Games 6:00 • Classic Evening Movie [T] Community Room CR 6:00 • Classic Radio Show [B] 3:30 Nail Spa [CS] Creative Studio CS 9:30 • Stretch and Flex with 9:30 • Guided Meditation [T] 9:30 • Exercise with us! [T] *Diversity Event Garden Room Resident Lead Daily Symbria Resident Lead Daily **Location Kevs** Library Resident Lead Daily Chronicle and Current A *Outing Chronicle and Chronicle and Current Events [T] Theater Events [T] Current Events [T] Bistro _CONNECT 10:30 Howdy Hydration [T] 10:30 • Entertainer: Eugene Plays the 10:30 Howdy Hydration [T] 11:00 • Devotions Words of Hope and Concertina Community Room CR 10:30 Non-denominational Church _CONTRIBUTE Encouragement [GR] 10:30 Howdy Hydration [T] Service [T] 1:30 As The Pages Turn Readings and 11:00 • Devotions Words of Hope and Creative Studio CS _FEEL 1:30 • Balloon Volleyball [GR] Discussion [T] Encouragement [GR] GR Garden Room 1:30 • Creative Expressions [CS] 1:30 Word Games [T]

GROW

MOVE

REFLECT

Library

Theater

1:45 • Entertainer: Devin Starr [R]

6:00 • Classic Evening Movie [T]

2:30 • Ice Cream Social [B]

3:30 Garden Club [L]

2:30 • Sing-a-longs [T]

3:30 • Bozo Buckets [B]

6:00 • Classic Evening Movie [L]

3:00 Music Appreciation Hour [B]

6:00 • Classic Evening Movie [L]

4:00 • Garden Club [CS]