April 2024 **SAMPLE COMMUNITY CALENDAR** Monthly Activities Sunday Monday Tuesday Wednesday Thursday Friday Saturday 10:00 • 30 Minute Abs 10:00 O Balance Class 10:00 O Balance Class 9:30 • Catholic 9:00 • Technology 9:30 Garden Walk Communion w/ Assistance with [2nd CY] 1:00 🕿 Brain Health St. Bernard's Mark Arnold [FL] 11:00 🌘 "A Novel Idea" 10:00 O We Got the 2:00 • Food University Class [CR] Committee Meeting [CR] [SR] 10:00 Seated Strength [BF] Book Club [ER] BEAT Cardio [BF] 11:00 • Creative Writers Group 11:00 🗢 Brain Health University 1:30 • One Day University Lecture 2:00 • Tasty Tuesday Cooking 10:00 O Yoga Stretch 11:45 • Lunch Bunch Outing [OT] 11:00 Brain Health University Club [CS] [CS] 1:30 • LCR Dice Game [1st AR] Class [CR] Bridge Club [CR] 3:00 • BINGO [CR] Class [CR] 7:00 • One Day University Lecture 1:30 • Resident Led Trivia Group 4:00 • Happy Hour! [FL] 2:00 • Crafters Corner [CS] 3:00 • Mindfulness Meditation [S] 7:00 • Trivia Night! [CR] [T] 6:30 • Piano Music in the Lounge 4:00 • Happy Hour! [FL] 3:00 • BINGO [CR] 7:00 • Evening Movie [T] [FL] 7:00 • Evening Movie [T] 7:00 • Evening Movie [T] 8 10:00 • 30 Minute Abs Garden Walk 10:00 O Balance Class 9:30 • Catholic 9:00 • Technology 10:00 O Balance Class 9:30 O Garden Walk [2nd CY] Communion w/ Assistance with [2nd CY] Mark Arnold [FL] St. Bernard's 10:30 Non 11:00 🗢 Brain Health 2:00 • Tasty Tuesday 11:00 🌘 "A Novel Idea" 10:00 O We Got the **Denominational Service** University Class [CR] Cooking Club [CS] [SR] 10:00 • Seated Strength [BF] BEAT Cardio [BF] Book Club [ER] **SENIOR** [CR] 3:00 • BINGO [CR] 10:00 O Yoga Stretch 1:30 • One Day University Lecture 11:00 • Creative Writers Group 11:45 • Lunch Bunch Outing [OT] 11:00 🞓 Brain Health University 1:30 • Resident Council [CR] 11:00 Brain Health University Class [CR] 3:30 • New Resident Welcome 1:30 • LCR Dice Game [1st AR] LIFESTYLE Class [CR] Resident Led Table Games 2:00 Bridge Club [CR] Social [FL] 7:00 • One Day University Lecture 1:30 • Resident Led Trivia Group 4:00 • Happy Hour! [FL] 3:00 • Mindfulness Meditation [S] 7:00 • Trivia Night! [CR] 2:00 • Crafters Corner [CS] 6:30 • Piano Music in the Lounge 2:30 • Movie Matinee [T] 7:00 • Evening Movie [T] 4:00 • Happy Hour! [FL] [FL] 3:00 • BINGO [CR] your life, your style 4:00 • Skybox Sports Pub [SR] 7:00 • Evening Movie [T] 7:00 • Evening Movie [T] 9:30 O Garden Walk 18 Brain Health University 10:00 O Balance Class 10:00 O 30 Minute Abs 16 9:30 • Catholic 9:00 • Technology 10:00 O Balance Class 9:30 Oarden Walk Communion w/ Assistance with [2nd CY] [2nd CY] [BF] [BF] Diversity Event St. Bernard's Mark Arnold [FL] 11:00 • "A Novel Idea" 9:30 Museum Trip 11:00 Brain Health 2:00 • Tasty Tuesday 10:00 • We Got the Outings Cooking Club [CS] 10:00 Seated Strength [BF] Book Club [ER] University Class [CR] BEAT Cardio [BF] [OT] 1:30 • One Day University Lecture 3:00 • BINGO [CR] 10:00 O Yoga Stretch 11:00 • Creative Writers Group 11:45 • Lunch Bunch Outing [OT] 11:00 🗢 Brain Health University explore - Leadership & Volunteerism 10:30 Non Denominational Service [CR] 3:00 A Diversity Feature [CR] 11:00 Brain Health University 1:30 • LCR Dice Game [1st AR] Class [CR] explore - Lectures & Learning Class [CR] Resident Led Table Games Bridge Club [CR] 7:00 Trivia Night! [CR] One Day University Lecture 4:00 • Happy Hour! [FL] 1:30 • Resident Led Trivia Group explore - Recreation & Entertainment 2:00 • Crafters Corner [CS] 3:00 • Mindfulness Meditation [S] [1st AR] 6:30 • Piano Music in the Lounge 4:00 • Happy Hour! [FL] 3:00 • BINGO [CR] 2:30 • Movie Matinee [T] 7:00 • Evening Movie [T] explore - Self Expression & the Arts [FL] 7:00 • Evening Movie [T] 4:00 • Skybox Sports Pub [SR] 7:00 • Evening Movie [T] explore - Spiritual Health & Religion explore - Strength & Vitality explore - Travels & Treks 9:30 O Garden Walk 10:00 O Balance Class 10:00 • 30 Minute Abs 9:30 • Catholic 9:00 • Technology 10:00 O Balance Class 26 9:30 O Garden Walk Assistance with [2nd CY] [2nd CY] Communion w/ Mark Arnold [FL] 9:30 🖨 Grocery Run 11:00 🕿 Brain Health 2:00 • Tasty Tuesday St. Bernard's 11:00 🌘 "A Novel Idea" 10:00 O We Got the University Class [CR] Cooking Club [CS] 10:00 • Seated Strength [BF] Book Club [ER] BEAT Cardio [BF] **Location Keys** 10:30 Non Denominational 1:30 • One Day University Lecture Virtual Travel Program 10:00 O Yoga Stretch 11:00 • Creative Writers Group 11:45 • Lunch Bunch Outing [OT] 11:00 Brain Health University 11:00 Brain Health University 1:30 • LCR Dice Game [1st AR] **Activity Room** Service [CR] Class [CR] 1st AR Dominoes [CR] Class [CR] 11:00 2:00 Bridge Club [CR] 3:00 • BINGO [CR] 7:00 • One Day University Lecture 4:00 • Happy Hour! [FL] 1:30 • Resident Led Trivia Group Be Fit Lounge BF 3:00 • Mindfulness Meditation [S] 2:00 • Crafters Corner [CS] Resident Led Table Games 7:00 Trivia Night! [CR] 6:30 • Piano Music in the Lounge 4:00 • Happy Hour! [FL] 3:00 • BINGO [CR] 6:00 • The Key Event- Fine Dining Community Room CR 2:30 • Movie Matinee [T] Special Event [D] 7:00 • Evening Movie [T] 7:00 • Evening Movie [T] Courtyard 2nd CY 4:00 • Skybox Sports Pub [SR] 7:00 • Evening Movie [T] CS **Creative Studio** Dining Room 9:30 O Garden Walk 10:00 O Balance Class 10:00 O 30 Minute Abs 30 **Entertainment Room ER** [2nd CY] "My mission in life is not merely to This is a sample calen 11:00 🞓 Brain Health 2:00 • Tasty Tuesday 10:30 Non FL Front Lounge **Denominational Service** University Class [CR] Cooking Club [CS] the community directly survive, but to thrive; and to do so 2:30 Monthly Birthday One Day University Lecture OT 1:30 Outing 11:00 Health Talk Tuesday [CR] Celebration [CR] calendar of activities a S Serenity Room Resident Led Table Games Bridge Club [CR] with some passion, some 2:00 3:00 • BINGO [CR] location. [1st AR] 3:00 • Mindfulness Meditation [S] 7:00 Trivia Night! [CR] Sun Room compassion, some humor, and 2:30 Movie Matinee [T] 7:00 • Evening Movie [T] Theater 4:00 • Skybox Sports Pub [SR] some style." – Maya Angelou