### calendar & activities

## The Sheridan at Green Oaks Assisted Living

**FRIDAY** 

# APR 2019

#### Prain Health University

- CONNECT
- CONTRIBUTE
- FEEL
- **GROW**
- MOVE
- REFLECT

#### **TRANSPORTATION SCHEDULE**

#### Medical Transportation

Monday-Friday (8:30-3:30)

Every Other Saturday (10-3:3 **Outing Schedule:** 

Tuesday Shopping (10:45) Thursday Lunch (11:30-1:30

Every Other Sunday Religious Ser Please note that all activities a events are subject to change. The you!

#### Theme of the Month Feel

Location Keys	
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ク			SUNDAY
ty	-		print
	9:30	•	Stretch & Strength with Carrie [ALE]
	10:30	•	Rosary &
n:			Devotions with Joyce [ER]
	11-11:	•	Mexican Train Domii
0)	1:00	•	Bingo! [ACS]
0)	2-3	•	Live Presentation wi Educator, Debra Levi
	3:30-4	•	Chair Chi with Cathy
	4:00	•	Afternoon Card Club
0)	4:30-7	•	Sunday Dinner Carvi Station [DR]
rvices	9:00	•	Transportation for Church Services
and			[L]
hank	9:30	•	Spiro100 Fitness Class [ER]
	10:30	•	Rosary & Devotions Joyce [ER]
	11:00	•	Ludicrous Laws & Government Goofs [
•	1:30	•	Matinee Movie [ALE]
<u>•</u>	3:30-4	•	Chair Chi with Cathy
	4:00	•	Afternoon Card Club
	4:30-7	•	Sunday Dinner Carvi Station [DR]
	Easter		
	9:30	•	Stretch & Strength

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	9:30	•	Stretch & Strength with Carrie [ALE]	-
	10:30	•	Rosary &	/
			Devotions with	
	11-11:		Joyce [ER] Mexican Train Domino Gan	_
	11-11.	_		
	1:00	•	Bingo! [ACS]	
	2-3	•	Live Presentation with Art	
			Educator, Debra Levie [IE]	
	3:30-4	•	Chair Chi with Cathy! [IE]	
	4:00	•	Afternoon Card Club [L]	
	4:30-7	•	Sunday Dinner Carving Station [DR]	
	9:00	•	Transportation for	_
,			Church Services	_
	0.00		[L]	
	9:30		Spiro100 Fitness Class [ER]	
	10:30	•	Rosary & Devotions with	
	11:00		Joyce [ER] Ludicrous Laws &	
	11.00	_	Government Goofs [GR]	
	1:30	•	Matinee Movie [ALE]	
	3:30-4	•	Chair Chi with Cathy! [IE]	
	4:00	•	Afternoon Card Club [L]	
	4:30-7	•	Sunday Dinner Carving	
			Station [DR]	
	Easter	•	2.	1
	9:30	•	Stretch & Strength with Carrie [ALE]	
	10:30	•	Rosary & Devotions with	
			Joyce [ER]	
_	11-11:	•	Mexican Train Domino Gan	1
	1:00	•	Bingo! [ACS]	
3	3:30-4	•	Chair Chi with Cathy! [IE]	
5	4:00	•	Afternoon Card Club [L]	
?	4:30-7	•	Sunday Dinner Carving	
`			Station [DR]	
t .	9:00		Transportation for	_
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10:30 • Rosary & Devotions with

Ludicrous Laws &

1:30 • Matinee Movie [ALE] 3:30-4 • Chair Chi with Cathy! [IE]

4:00 • Afternoon Card Club [L]

4:30-7 • Sunday Dinner Carving

Station [DR]

Government Goofs [GR]

Joyce [ER]

11:00

1-2 One-on-One Tec Lesson with Part Lesson with Part Lesson with Part 1:30   Challenge Your IA A Game! [L] 3:15   Coffee Klatch [C] 4:00   Making Ooblick [ACS] 4:30-7   Pasta Night! [DF 7:00   Monday Night M 7:00   M 7:00   Monday Night M 7:00   M 1:00   M 1:00   M 1:00   M 1:00   M 1:			[L]
9:30 Stretch & Strength with Carrie [ALE] 10:30 Rosary & Devotions with Joyce [ER] 11-11: Mexican Train Domino Game [L] 1:00 Bingol [ACS] 2:3 Live Presentation with Art Educator, Debra Levie [IE] 3:30-4 Chair Chi with Cathy! [IE] 4:30-7 Sunday Dinner Carving Station [DR] 1:00 Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 11:00 Ludicrous Laws & Government Goofs [GR] 1:30 Matinee Movie [ALE] 1:30 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving 1:30 Matinee Movie [ALE] 1:30 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving 1:30 Matinee Movie [ALE] 1:30 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving 1:30 Matinee Movie [ALE] 1:30 Afternoon Card Club [L] 1:30 Foreign Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Foreign Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Foreign Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Foreign Afternoon Card Club [L] 1:30 Rosary & Devotions with Joyce [ER] 1:30 Rosary &		The state of the s	1-2 One-on-One Tec
9:30 Stretch & Strength with Carrie [ALE] 10:30 Rosary & Devotions with Joyce [ER] 11-11: Mexican Train Domino Game [L] 1:00 Bingo! [ACS] 2-3 Live Presentation with Art Educator, Debra Levie [IE] 3:30-4 Chair Chi with Cathy! [IE] 4:30-7 Sunday Dinner Carving Station [DR]  9:30 Transportation for Church Services [R] 11:30 Matinee Movie [ALE] 2:40 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  8:30 Matinee Movie [ALE] 3:30 M		pruv	1:30 • Challenge Your
9:30 • Stretch & Strength with Carrie [ALE]  10:30 • Rosary & Devotions with Joyce [ER]  11-11: • Mexican Train Domino Game [L]  1:00 • Bingo! [ACS]  2-3 • Live Presentation with Art Educator, Debra Levie [IE]  3:30-4 • Chair Chi with Cathy! [IE]  4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [Actor of Chair Chi with Cathy! [IE]  4:00 • Afternoon Card Club [L]  4:30-7 • Sunday Dinner Carving Station [DR]  8-30-4 • Chair Chi with Cathy! [IE]  4:00 • Afternoon Card Club [L]  9:30 • Spiro100 Fitness Class [ER]  11:00 • Ludicrous Laws & Government Goofs [GR]  1:30 • Making Ooblick [ACS]  1:30 • Monday Night Maria [ALE]  1:30 • Making Ooblick [ACS]  1:30 • Monday Night Maria [ALE]  1:30 • Making Ooblick [ACS]  1:30 • Monday Night Maria [ALE]  1:30 • Monday Night Maria [ALE]  1:30 • Making Ooblick [ACS]  1:30 • Monday Night Maria [ALE]  1:30 • Monday Night Maria [ALE]  1:30 • Monday Night Maria [ALE]  1:30 • Making Ooblick [ACS]  1:30 • Chailenge Your Learn A Game! [L]  1:20 • Monday Night Maria [ALE]  1:30 • Making Ooblick [ACS]  1:30 • Chailenge Your Learn A Game! [L]  1:30 • Making Ooblick [Ic]  1:400 • Guided Relaxat 7:00 • Monday Night Maria [ALE]  1:20 • One-on-One Technology Lesson with Paul [IcS]  1:30 • Chailenge Your Brair Game! [L]  2:45 • Coffee Klatch (Time Today) [GR]  3:30 • Chailenge Your Brair Game! [L]  2:45 • Coffee Klatch (Time Today) [GR]  3:30 • Chailenge Your Brair Game! [L]  1:00 • Bingo! [ACS]  1:30 • Matines Movie [ALE]  1:30 • Chair Chi with Cathy! [IE]  4:15 • You Be the Judge! [ATS]  1:30 • Chailenge Your Learn A Game!  1:30 • Chailenge Your Learn A Game!  1:30 • Chailenge Your Learn A Game!  1:30 • Maria [ALE]  1:30 • Maria [ALE]  1:30 • Matines Movie [ALE]  3:30 • Chailenge Your Brair Game! [L]  1:30 • Matines Movie [ALE]  3:30 • Challenge Your Maria [ALE]  1:30 • Maria [ALE]  1:30 • Matines Movie [ALE]  3:30 • Challenge Your Learn A Game!  1:30 • Challenge Your L	<b>y</b>		
9:30 Stretch & Strength with Carrie [ALE]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  2-3 Live Presentation with Art Educator, Debra Levie [IE]  3:30-4 Chair Chi with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  9:30 Spiro100 Fitness Class [ER]  11:00 Ludicrous Laws & Government Goofs [GR]  1:30 Sunday Dinner Carving Station [DR]  9:30 Afternoon Card Club [L]  3:30-4 Chair Chi with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  9:30-1 Flow with Maria [ALE]  10:30 Rummikub Club [L]  1-2 One-on-One Te Lesson with Parity Chair Chi with Cathy! [IE]  4:15 Ocffee Klatch [Time Today) [GR]  3:30 Live Presentation with Parity Chair Chi with Cathy! [IE]  4:15 Coffee Klatch (Time Today) [GR]  3:30 Live Presentation with Parity Chair Chi with Cathy! [IE]  4:15 Coffee Klatch (Time Today) [GR]  3:30 Challenge Your Brain Game! [L]  1:20 Rummikub Club [L]  4:15 Coffee Klatch (Time Today) [GR]  3:30 Challenge Your Learn A Game!  4:15 Ocohon Card Club [L]  4:15 Coffee Klatch (Time Today) [GR]  3:30 Challenge Your Learn A Game!  4:15 Coffee Klatch (Time Today) [GR]  3:30 Challenge Your Chair Chi with Cathy! [IE]  4:15 Coffee Klatch (Time Today) [GR]  3:30 Challenge Your Chair Chi with Cathy! [IE]  4:15 Coffee Klatch (Time Today) [GR]  5:00 Challenge Your Chair Chi with Cathy! [IE]  4:15 Coffee Klatch (Time Today) [GR]  5:00 Challenge Your Chair Chi with Cathy! [IE]  4:15 Coffee Klatch (Time Today) [GR]  5:00	. /.		4:00 • Making Ooblick
9:30 • Stretch & Strength with Carrie [ALE]  10:30 • Rosary & Devotions with Joyce [ER]  11-11: • Mexican Train Domino Game [L]  1:00 • Bingo! [ACS]  2:3 • Live Presentation with Art Educator, Debra Levie [IE]  3:30-4 • Chair Chi with Cathy! [IE]  4:30-7 • Sunday Dinner Carving Station [DR]  9:30 • Spiro100 Fitness Class [ER]  11:00 • Ludicrous Laws & Government Goofs [GR]  1:30 • Afternoon Card Club [L]  4:30-7 • Sunday Dinner Carving Station [DR]  9:30 • Stretch & Strength with Cathy! [IE]  4:30-7 • Sunday Dinner Carving Station [DR]  Easter  9:30 • Stretch & Strength with Cathy [IE]  4:30-7 • Sunday Dinner Carving Station [DR]  Easter  9:30 • Stretch & Strength with Carrie [ALE]  10:30 • Rosary & Devotions with Joyce [ER]  11:00 • Ludicrous Laws & Government Goofs [GR]  1:30 • Afternoon Card Club [L]  4:30-7 • Sunday Dinner Carving Station [DR]  Easter  9:30 • Stretch & Strength with Cathy! [IE]  4:30-7 • Sunday Dinner Carving Station [DR]  Easter  9:30 • Stretch & Strength with Cathy! [IE]  4:30-7 • Sunday Dinner Carving Station [DR]  Easter  9:30 • Transportation for Church Services [L]  9:00 • Transportation for Church Services [L]  9:00 • Transportation for Church Services [L]  9:00 • Transportation for Church Services [L]  9:30 • Spiro100 Fitness  1:00 • Monday Night Maria [ALE]  1:0:30 • Rummikub Club [L]  4:15-5 • Cooking with Cathy! [IE]  4:15-5 • Cooking with Cathy! [IE]  4:15-5 • Cooking with Cathy! [IE]  4:16-1 • Flow with Maria [ALE]  1:20 • Devotions with Paris (Author) Paris (Author)  1:30 • Flow with Maria [ALE]  1:30 • Challenge Your Learn A Game!  1:30 • C			
with Carrie [ALĒ]  10:30			
10:30 • Rosary & Devotions with Joyce [ER] 11-11: • Mexican Train Domino Game [L] 1:00 • Bingo! [ACS] 2-3 • Live Presentation with Art Educator, Debra Levie [IE] 3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [L] 1:00 • Ludicrous Laws & Government Goofs [GR] 1:30 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  Easter 9:30 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  Easter 9:30 • Stretch & Strength with Cathy! [IE] 4:00 • Afternoon Card Club [L] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [L] 9:00 • Spiro100 Fitness	9:30	Stretch & Strength	9:30-1 Flow with Mari
Devotions with Joyce [ER]  11-11:			[ALE]
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11-11:		Joyce [ER]	• •
1:00	11-11:		
2-3 • Live Presentation with Art Educator, Debra Levie [IE] 3:30-4 • Chair Chi with Cathy! [IE] 4:30 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness Class [ER] 11:00 • Ludicrous Laws & Government Goofs [GR] 1:30 • Matinee Movie [ALE] 3:30-4 • Chair Chi with Cathy! [IE] 4:30-7 • Sunday Dinner Carving Station [DR]  Easter 9:30 • Stretch & Strength with Carrie [ALE] 10:30 • Rosary & Devotions with Joyce [ER] 11-11: • Mexican Train Domino Game [L] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 4:30-7 • Sunday Dinner Carving Station [DR]  Easter 9:30 • Stretch & Strength with Carrie [ALE] 10:30 • Rosary & Devotions with Joyce [ER] 11-11: • Mexican Train Domino Game [L] 1:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  P:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness	1:00		
Educator, Debra Levie [IE] 3:30-4		0	Learn A Game!
3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L] 9:30 Spiro100 Fitness Class [ER] 10:30 Rosary & Devotions with Joyce [ER] 11:00 Ludicrous Laws & Government Goofs [GR] 1:30 Matinee Movie [ALE] 3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  Easter 9:30 Stretch & Strength with Carrie [ALE] 10:30 Rosary & Devotions with Joyce [ER] 11-11: Mexican Train Domino Game [L] 1:00 Bingo! [ACS] 3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  Easter 9:30 Stretch & Strength with Carrie [ALE] 10:30 Rosary & Devotions with Joyce [ER] 11-11: Mexican Train Domino Game [L] 1:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L] 9:30 Spiro100 Fitness  4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L] 9:30 Spiro100 Fitness	2-3		3:15 • Coffee Klatch
4:00	3:30-4		4:00 • Guided Relaxa
4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L]  9:30 Spiro100 Fitness Class [ER]  10:30 Rosary & Devotions with Joyce [ER]  11:00 Ludicrous Laws & Government Goofs [GR]  1:30 Matinee Movie [ALE]  3:30-4 Chair Chi with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Carrie [ALE]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  3:30-4 Chair Chi with Cathy! [IE]  4:00 Afternoon Card Club [L]  1:00 Bingo! [ACS]  3:30-4 Chair Chi with Cathy! [IE]  4:00 Afternoon Card Club [L]  1:00 Bingo! [ACS]  3:15 Coffee Klatch (Time Today) [IE]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  3:30-1 Flow with Maria [ALE]  1:30 Challenge Your Learn A Game!  1:30 Monday Night Income Station [DR]  9:00 Transportation for Church Services [L]  9:30-1 Flow with Maria [ALE]  10:30 Rummikub Club [L]  4:15-5 Cooking with Complete Services [L]  9:30-1 Flow with Maria [ALE]  10:30 Rummikub Club [L]  1:4:15-5 Row with Maria [ALE]  10:30 Rummikub Club [L]  1:50 Rosary & Devotions With Joyce [ER]  1:50 Rosary & Devotions With Joyce [ER]  1:30 Rosary & Devotions With Maria [ALE]  1:30 Rosary & Devotions With Joyce [ER]  1:30 Rosary & Devotions With Maria [ALE]  1:30 Rosary & Devotions With Joyce [ER]  1:30		,	7:00 Monday Night
9:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness Class [ER] 10:30 • Rosary & Devotions with Joyce [ER] 11:00 • Ludicrous Laws & Government Goofs [GR] 1:30 • Matinee Movie [ALE] 3:30-4 • Chair Chi with Cathy! [IE] 4:30-7 • Sunday Dinner Carving Station [DR]  Easter 9:30 • Stretch & Strength with Carrie [ALE] 10:30 • Rosary & Devotions with Joyce [ER] 11-11: • Mexican Train Domino Game [L] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  Flow with Maria [AL Rummikub Club [L]	4:30-7	Sunday Dinner Carving	
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9:30 Spiro100 Fitness Class [ER] 10:30 Rosary & Devotions with Joyce [ER] 11:00 Ludicrous Laws & Government Goofs [GR] 1:30 Matinee Movie [ALE] 3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  Easter 9:30 Stretch & Strength with Carrie [ALE] 10:30 Rosary & Devotions with Joyce [ER] 11-11: Mexican Train Domino Game [L] 1:00 Bingo! [ACS] 3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  Easter 9:30 Stretch & Strength with Carrie [ALE] 10:30 Rosary & Devotions with Joyce [ER] 11-11: Mexican Train Domino Game [L] 1:00 Bingo! [ACS] 3:30-4 Chair Chi with Cathy! [IE] 4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L] 9:30 Spiro100 Fitness			
Class [ER]  10:30 Rosary & Devotions with Joyce [ER]  11:00 Ludicrous Laws & Government Goofs [GR]  1:30 Matinee Movie [ALE]  3:30-4 Chair Chi with Cathy! [IE]  4:00 Afternoon Card Club [L]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Carrie [ALE]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  3:30-4 Chair Chi with Cathy! [IE]  4:00 Afternoon Card Club [L]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Transportation for Church Services [L]  9:00 Transportation for Church Services [L]  9:30 Spiro100 Fitness	0.00		
10:30 Rosary & Devotions with Joyce [ER]  11:00 Ludicrous Laws & Government Goofs [GR]  1:30 Matinee Movie [ALE]  3:30-4 Chair Chi with Cathy! [IE]  4:00 Afternoon Card Club [L]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Carrie [ALE]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  3:30-4 Chair Chi with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Pinch Services [L]  9:30 Transportation for Church Services [L]  9:30 Spiro100 Fitness	9:30		
Joyce [ER]  11:00 Ludicrous Laws & Government Goofs [GR]  1:30 Matinee Movie [ALE]  3:30-4 Chair Chi with Cathy! [IE]  4:00 Afternoon Card Club [L]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Carrie [ALE]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  3:30-4 Chair Chi with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  Eight Strength with Cathy! [IE]  4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L]  9:30 Spiro100 Fitness	10.30		
11:00 • Ludicrous Laws & Government Goofs [GR]  1:30 • Matinee Movie [ALE]  3:30-4 • Chair Chi with Cathy! [IE]  4:00 • Afternoon Card Club [L]  4:30-7 • Sunday Dinner Carving Station [DR]  Easter  9:30 • Stretch & Strength with Carrie [ALE]  10:30 • Rosary & Devotions with Joyce [ER]  11-11: • Mexican Train Domino Game [L]  1:00 • Bingo! [ACS]  3:30-4 • Chair Chi with Cathy! [IE]  4:00 • Afternoon Card Club [L]  4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [L]  9:30 • Spiro100 Fitness	10.50		
Government Goofs [GR]  1:30 Matinee Movie [ALE]  3:30-4 Chair Chi with Cathy! [IE]  4:00 Afternoon Card Club [L]  4:30-7 Sunday Dinner Carving Station [DR]  Easter  9:30 Stretch & Strength with Carrie [ALE]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  3:30 Live Presentation w Dittman, Can You He Vasily Kandinsky [IE]  4:15 You Be the Judge [AF]  7:00 Monday Night Movie  9:30-1 Flow with Marie [ALE]  10:30 Rummikub Clu [L]  1:30 Challenge Your Learn A Game!  3:15 Coffee Klatch [AF]  4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L]  9:30 Spiro100 Fitness	11:00	,	
3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  Easter 9:30 • Stretch & Strength with Carrie [ALE] 10:30 • Rosary & Devotions with Joyce [ER] 11-11: • Mexican Train Domino Game [L] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness			2,
4:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  Easter 9:30 • Stretch & Strength with Carrie [ALE] 10:30 • Rosary & Devotions with Joyce [ER] 11-11: • Mexican Train Domino Game [L] 1:00 • Bingo! [ACS] 3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness  4:15 • You Be the Judge [A			
4:30-7 Sunday Dinner Carving Station [DR]  Easter 9:30 Stretch & Strength with Carrie [ALE] 10:30 Rosary & Devotions with Joyce [ER] 11-11: Mexican Train Domino Game [L] 1:00 Bingo! [ACS] 3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L] 9:30 Spiro100 Fitness  7:00 Monday Night Movie		·	
Easter 9:30 Stretch & Strength with Carrie [ALE] 10:30 Rosary & Devotions with Joyce [ER] 11-11: Mexican Train Domino Game [L] 1:00 Bingo! [ACS] 3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L] 9:30 Spiro100 Fitness  9:30-1 Flow with Maria [ALE] 10:30 Rummikub Clu [L] 1-2 One-on-One Te Lesson with Paragraphic Size (L) 1:30 Challenge Your Learn A Game! 3:15 Coffee Klatch [4:15-5 Cooking with Cathy! [IE] 4:15-5 Cooking with Cathy! [IE] 4:10:30 Rummikub Club [L] 9:30 Spiro100 Fitness			
9:30 Stretch & Strength with Carrie [ALE]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  3:30-4 Chair Chi with Cathy! [IE]  4:00 Afternoon Card Club [L]  4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L]  9:30 Spiro100 Fitness  [ALE]  10:30 Rummikub Clu [L]  1-2 One-on-One Te Lesson with Parage in the Chair Chi with Cathy! [IE]  1:30 Challenge Your Learn A Game!  3:15 Coffee Klatch [4:15-5 Cooking with Cathy! [IE]  9:00 Transportation for Church Services [L]  9:30 Spiro100 Fitness	4:30-/		Monday right morte
with Carrie [ALĔ]  10:30 Rosary & Devotions with Joyce [ER]  11-11: Mexican Train Domino Game [L]  1:00 Bingo! [ACS]  3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]   9:00 Transportation for Church Services [L]  9:30 Spiro100 Fitness  10:30 Rummikub Clu [L]  1-2 One-on-One Te Lesson with Pa 1:30 Challenge Your Learn A Game! 3:15 Coffee Klatch [4:15-5 Cooking with Orion Monday Night]  9:00 Flow with Maria [ALE] 10:30 Rummikub Clu [L]	Easter	21	
10:30	9:30		
Joyce [ER]  11-11:	10:30		
[L] 1:00 Bingo! [ACS] 3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L] 9:30 Spiro100 Fitness  [L]  1:30 Challenge Your Learn A Game! 3:15 Coffee Klatch [4:15-5 Cooking with Cook		,	
1:00 Bingo! [ACS] 3:30-4 Chair Chi with Cathy! [IE] 4:00 Afternoon Card Club [L] 4:30-7 Sunday Dinner Carving Station [DR]  9:00 Transportation for Church Services [L] 9:30 Spiro100 Fitness  1:30 Chaireinge Your Learn A Game! 3:15 Coffee Klatch [4:15-5 Cooking with	11-11:		
3:30-4 • Chair Chi with Cathy! [IE] 4:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness	1:00		
4:00 • Afternoon Card Club [L] 4:30-7 • Sunday Dinner Carving Station [DR]  9:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness			
9:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness  7:00 • Monday Night    7:00 • Monday Night			
9:00 • Transportation for Church Services [L] 9:30 • Spiro100 Fitness  9:30-1 • Flow with Maria [ALE] 10:30 • Rummikub Club			
Church Services [L] 10:30 • Rummikub Club [L]		Station [DR]	7:00 Monday Night
Church Services [L] 10:30 • Rummikub Club [L]			
9:30 • Spiro100 Fitness   10:30 • Rummikub Club	9:00	Transportation for	9:30-1 • Flow with Maria
9:30 • Spiro100 Fitness   10:30 • Rummikub Club		Church Services	
	0.00	[L]	
	9:30	Spiro100 Fitness Class [FR]	[L]

brista	10:30 Rummikub Club [L]  1-2 One-on-One Technology Lesson with Paul [ICS]  1:30 Challenge Your Brain, Learn A Game! [L]  3:15 Coffee Klatch [GR]  4:00 Making Ooblick with Carrie [ACS]  4:30-7 Pasta Night! [DR]  7:00 Monday Night Movie [ALE]
retch & Strength ith Carrie [ALE] psary & evotions with pyce [ER] exican Train Domino Game   ngo! [ACS] ve Presentation with Art ducator, Debra Levie [IE] nair Chi with Cathy! [IE] iternoon Card Club [L] unday Dinner Carving iation [DR]	9:30-1 • Flow with Maria [ALE] 10:30 • Rummikub Club [L] 1-2 • One-on-One Technology Lesson with Paul [ICS] 1:30 • Challenge Your Brain, Learn A Game! [L] 3:15 • Coffee Klatch [GR] 4:00 • Guided Relaxation [ALE] 7:00 • Monday Night Movie [ALE]
ansportation for nurch Services  biro100 Fitness ass [ER] birosary & Devotions with byce [ER] udicrous Laws & overnment Goofs [GR] atinee Movie [ALE] hair Chi with Cathy! [IE] fternoon Card Club [L] unday Dinner Carving fation [DR]	9:30-1 • Flow with Maria [ALE] 10:30 • Rummikub Club [L] 1-2 • One-on-One Technology Lesson with Paul [ICS] 1:30 • Challenge Your Brain, Learn A Game! [L] 2:45 • Coffee Klatch (Time Change Today) [GR] 3:30 • Live Presentation with Sue Dittman, Can You Hear In Color? - Vasily Kandinsky [IE] 4:15 • You Be the Judge [ALE]
retch & Strength th Carrie [ALE] osary & Devotions with byce [ER] exican Train Domino Game	9:30-1 Flow with Maria [ALE] 10:30 Rummikub Club [L] 1-2 One-on-One Technology Lesson with Paul [ICS]

MONDAY

9:30-1 • Flow with Maria

[ALE]

10:30 Rummikub Club

9:30-1	•	Flow with Maria [ALE] 22	10:00	•	Sit and Be Fit with Cindy [ALE]
10:30	•	Rummikub Club [L]	10:30	•	Free Blood Pressure Checks (Freedom Home Care) [Lib]
1-2	•	One-on-One Technology Lesson with Paul [ICS]			Visit from Cook Library [Lib] Rummy 500 & Rummikub [L]
1:30	•	Challenge Your Brain, Learn A Game! [L]	1:00		Rose Pick of the Month [ALE]
3:15	•	Coffee Klatch [GR]			American Mahjong [R]  Presentation with Dr. Halvorson:
1:15-5	•	Cooking with Carrie [ACS]	3.00	Ĭ	Hearing and the Brain [IE]
7:00	•	Monday Night Movie [ALE]	4:00 6:15		They Did What? [ALE] A Safe Space with Cynthia [C]

3:15 • Coffee Klatch [GR]

Communion [ALE]

4:00 • You Be the Judge [ALE]

7:00 Monday Night Movie [ALE]

	6.15 A Sale Space with Cynthia [C]
9:30-1 Flow with Maria [ALE]	10:00 Sit and Be Fit with Cindy [ALE]
10:30 • Rummikub Club [L]	10:30 • Free Blood Pressure Checks
1-2 • One-on-One Technology Lesson with Paul [ICS]	(Freedom Home Care) [Lib] 10:45 Shopping Outing: Target [L]
1:30 • Challenge Your Brain, Learn A Game! [L]	11:00 • Rummy 500 & Rummikub [L] 1:30 • American Mahjong [R]
2:00 • Grace United Methodist Church Worship &	2:00 • Resident Town Hall Meeting [IE]

4:00 • Crosswords [ACS]

2:45 • Puzzle Brain Exercises [ACS]

6:30 • Sheridan Talent Show! [ER]

**TUESDAY** 

2:45 • Puzzle Brain Exercises [ACS]

4:00 O Brain Health University [ACS]

6:15 • A Safe Space with Cynthia [C]

Checks (Freedom Home

Shopping Outing: Target [L]

Rummy 500 & Rummikub [L]

6:30 • Living Well With Expert Guidance with

1:15 • Afternoon Concert: Hattie's Pick of the 1:30-2

American History with Gary Midkiff [IE

0

10:00

11:00

1:15

2.00

2-3

3:00

4:00

1:30 • American Mahjong [R]

10:00 • Sit and Be Fit with Cindy [ALE]

10:30 • Free Blood Pressure

Care) [Lib]

Month [ALE]

4:00 • Crosswords [ACS]

1:30 • American Mahjong [R]

3:00 • Live Presentation, 30 Days in

Care Navigators [IE]

10:00 • Sit and Be Fit with

2:45		Sit and Be Fit with Cindy [ALE] Free Blood Pressure Checks (Freedom Home Care) [Lib] Shopping Outing: Target [L] Rummy 500 & Rummikub [L] Afternoon Concert: Chuck's Pick of the Month [ALE] American Mahjong [R] Puzzle Brain Exercises [ACS]	10:00 10:00 10:45 12:30 1:15 1:30-2 2-3	•	Spiro 100 [ALE] Therapy Dog Visits! Uplifting Declarations and Meditation [ACS] Outing: Afternoon at the Movie Theater [L] Bridge Group [R] Hidden Objects [ACS] Knitwits Needle Art Club! [Lib	9:30 10:30- 10:30 11:30 1:30-2 2-4 3:00 4:00	•	Church: The meaning of Lent [ALE] Chair Yoga with Susan [IE] Team-building Games [A Lunch Bunch Outing: La L & Moishe (Mexican) [L] Music Sing-a-Longs wit Heart [ER]
4:00	•	Crosswords [ACS] Resident Group Chat: [GR]	2:30-3 4:00		Music and Movement with Caitlin [IE] Brain Health University [ALE]	4:00 4:00 7:00	•	Stop, Contemplate, Inter
10:00	•	Sit and Be Fit with			ordinary Wednesday!	9:30		Bible Study with Christ Church: Anticipating Palm

WEDNESDAY

4:00	•	Resident Group Chat: [GR]	Caitlin [IE] 4:00 • Brain Health University [ALE]	4:00 • Stop, Contemplate, Interpret [ACS] 7:00 • Movie Night! [ALE]
10:00	•	Sit and Be Fit with Cindy [ALE]	Eggs-Traordinary Wednesday! (Breakfast All-Day)	9:30 • Bible Study with Christ Church: Anticipating Palm Sunday [ALE]
10:30-	•	Free Blood Pressure Checks (Freedom Home Care) [Lib]	10:00 • Spiro 100 [ALE] 11:00 • Uplifting Declarations and Meditation [ALE]	10-1 • Free Hearing Screening with Audibel Hearing Aid Center [ICS] 10:30 • Chair Yoga with Susan [IE]
10:30- 11:00	•	Visit from Cook Library [Lib] Rummy 500 & Rummikub [L]	1.15 A Dridge Croup [D]	11:30 • Lunch Bunch Outing: The Lake House [L] 1:30-2 • Music Sing-a-Longs with Songs by Heart [ER]
1:00	•	Performing Arts: Thalia's Pick of the Month [ALE]	1:30-2 • Hidden Objects [ACS] 2-3 • Knitwits Needle Art Club! [Lib]	2:00 • Magazine Scavenger Hunt with Maria 3:00 • TED Talks & Discussion [ICS]

		[L]	1:30-2	•	Music Sing-a-Longs with Songs by Heart
1:15	•	Bridge Group [R]			[ER]
1:30-2	•	Hidden Objects [ACS]			Magazine Scavenger Hunt with Maria
		Knitwits Needle Art Club! [Lib]			TED Talks & Discussion [ICS]
-				Ö.	Brain Health University [ACS]
2:30-3		Music and Movement with Caitlin	4:00	•	Poker! [R]
		[IE]	6:45	•	Easter Craft Night with Volunteers from Lake
4:00	ij.	Brain Health University:			Forest College! [ACS]
	•	Graduation [ACS]	7:00	•	Movie Night! [ALE]



•	Uplifting Declarations and Meditation	10:30-		Chair Yoga with Susan [IE]
	[ALE]			Team-building Games [ACS]
•	Bridge Group [R]	11:30	•	Lunch Bunch Outing: The Lazy
•	Hidden Objects [ACS]			(NEW!) [L]
•	Dining Committee Meeting [ACS]	1:30-2	•	Music Sing-a-Longs with Son
•	Knitwits Needle Art Club! [Lib]			Heart [ER]
	Music and Movement with Caitlin [IE]	2:00	•	Artist Impressions [ACS]
	Library Book Discussion with Marge	3:00	•	TED Talks & Discussion [ICS]
_	[GR]	4:00	•	Poker! [R]
	Truth is Stranger than Fiction [ALE]	4:30-7	•	Gourmet Dinner Night [DR]
_	realitie of anger than realities [reality	7.00	-	NATIONAL ARCHITECT



2:30-3		Music and Movement with	
		[ALE]	
2:00	•	New Resident Orientation	
2-3		Knitwits Needle Art Club! [Lib]	
1:30-2	•	Hidden Objects [ACS]	ŀ
1:15	•	Bridge Group [R]	
		Meditation [ALE]	
11:00	•	Uplifting Declarations and	

		[ALE]
2:30-3		Music and Movement with
		Caitlin [IE]
4:00	•	Making Healthy Snacks [ACS]

7:00 • Movie Night! [ALE]

		Church: The meaning of Lent [ALE]			Weights [IE]
):30-	•	Chair Yoga with Susan	11:00		Thank You,
		[IE]			Holiday Cards and
0:30	•	Team-building Games [ACS]			Invitations [ACS]
1:30	•	Lunch Bunch Outing: La Casa De Isaac	1 00	_	•
		& Moishe (Mexican) [L]	1:30	•	Documentary and
30-2	•	Music Sing-a-Longs with Songs by			Discussion: [ALE]
		Heart [ER]	3:00		Drink of the Month Happy
2-4	•	RSS Salon Open House & Happy Hour!	3.00		' ' '
		[S]			Hour [R]
3:00	•	TED Talks & Discussion [ICS]	4:00		The Origin of Things [ALE]
4:00	•	Poker! [R]	7:00		Movie Night! [IE]
4:00	•	Stop, Contemplate, Interpret [ACS]	7.00	•	Novie Nigrit: [IL]
7:00	•	Movie Night! [ALE]			

**THURSDAY** 

Bible Study with Christ Church: Good Friday/

Celebrating Easter &

Music Sing-a-Longs with Songs by

Susan [IE]

Outing: Cracker

Library Book Discussion with

Music Sing-a-Longs with

Songs by Heart [ER]

3:00 • TED Talks & Discussion [ICS]

2:00 • Artist Impressions [ACS]

Lunch Bunch

Barrel [L]

4:00 • Poker! [R]

Marge [Lib]

[ACS]	7:00		Movie Night! [IE]		
<u>11</u>		•	Art Class with Cheryl [ICS]		
	10:00	•	Working with Weights [IE]		
	12-3		DS Kindness Cha		

10:00 • Working with

DS Kindness Chains Travelling Boutique! [Lib] **Documentary and** Discussion [ALE] 3:00 • Meet Your Neighbor Social [R] 4:00 • Best Joke Contest [R]

Planters [ACS]

4:00 • Word Ladder [R]

7:00 Movie Night! [IE]

2-4 • Painting Class with Artist, Colleen [ICS] 3:45 • Let's Get Acquainted: [ACS] 6:00 • Color Me Calm [ACS] 7:00 Movie Night! [IE] 10:00 • Cardio 10:00 • Chair Yoga with Drumming with Susan [IE]

Schyler 11:00 • They Did What? 11:00 • Short Stories [ACS] 11:00 • Short Stories [ACS] 12:00 Outing: Elawa Farms 1:30 • Documentary and Picnic and Birdwatching Discussion [ALE] Bingo Store [ICS] 12:30 • Sports Lounge [IE] 3:00 • Making Self Watering

2:45 • Wine & Performing Arts at Rockland's: [R] 3:45 • Let's Get Acquainted: Bingo with Melissa [ACS]

SATURDAY

5 10:00 • Chair Yoga with Susan [IE]

11:00 • They Did What?

12:30 • Sports Lounge [IE]

1:00 • Brain Health University

1:45 • Wii Bowling Tournament [I

at Rockland's: [R]

Bingo with Melissa [ACS]

2:15 • Wine & Performing Arts

3:45 • Let's Get Acquainted:

10:00 • Chair Yoga with

11:00 🌘 Sudoku [ICS]

Susan [IE]

12:30 • Sports Lounge [IE]

1:30 • Wii Bowling Tournament

with Madison [I Fit]

10:00 • Art Class with 10:00 • Chair Yoga with Cheryl [ICS] Susan [IE] 10:00 • Working with 11:00 • Sudoku [ICS] 12:30 • Sports Lounge [IE] Weights [IE] Documentary and 1:30 • Wii Bowling Tournament Discussion [ALE] with Madison [I Fit]

Music and Happy Hour 2:45 • Trace it Painting [ACS] with Laurel Links (HPSC) 3:45 • Let's Get Acquainted: 4:00 • Brain Teaser Riddles [ALE] 6:00 • Color Me Calm [ACS] 7:00 Movie Night! [IE]



