April 2021

Celebrating Global Diversity Thursday Tuesday Wednesday Sunday Monday nbrace WWW.SENIORLIFESTYLE.COM Activities are subject to change

Monthly Activities

Saturday

Friday

Resident Birthdays Eda W. 4/2 DR. Ennio R. 4/3 Joan J. 4/6 Ann U. 4/12 William K. 4/13 Arlene C. 4/18 Esther E. 4/22 Marilyn Z. 4/25 Virginia L. 4/30				4/8/2* • Where have you Been in the World? Open Discussion [AS1] 10:30 * Thymeless: Cucumber Lemon Rosemary and Mint Infused [AS1] 11:00 • Daily Chronicle & Good News [AS1] 13:00 • Destination: Bangkok Grand Palace 4/8/2* * Thymeless: Mai Tai Refresher [AS1] 3:00 • Songs by Heart Music Therapy through Skype 3:45 • Rosary 4:00 • Nature Walk [WP] 6:00 • A.I. Masters [AS2] 4/8/2* • Balloon Badminton [BF]	9:30 • Non Denominational Service 9:30 • Spa and Beauty [BF] 10:30 • Baker's Club Asian Milk Bread [AS1] 4/9/2' • Tai Chi [AS1] 11:00 • Daily Chronicle & Good News 1:30 • The forbidden City [BF] 2:00 • Color Sorting with Chopsticks [AS1] 2:00 • Whammo! 4/9/2' • Thymeless: Kung Pao Mocktail [AS1] 3:00 • Songs by Heart Music Therapy Live Streaming 4:00 • Rosary [AS1] 6:00 • Chinese Checkers [AS2] 6:00 • Shabbat Service [AS1]	9:30 • Non Denominational Service 10:00 • Fun Facts about Shangai [BF] 10:30 • Chair Yoga [AS1] 10:30 • Men's Creative Minds [FC] 10:30 • Thymeless: Grapefruit with Rosemary Infuse water [AS1] 11:00 • Daily Chronicle & Good News 2:00 • Decorating Easter Eggs 2:30 • Post cards from around the world: Asia [BF] 4/10/; Shanghai Rose Spakler 3:00 • Thai Spring Rolls Social [AS1] 4:00 • Indoor miniature Golf 6:15 • Guided Meditation Circle [AS1]
9:30 Non Denominational Service 10:00 Morning Stretches [ASZ] 10:00 Religious Services on IN2L [BF] 10:30 Thymeless: Blackberry w/ Basil Infused Water [AS1] 11:00 Daily Chronicle & Good News 1:30 A Game of Pachinko [AS1] 2:30 Chinese Tea / Almond Cookies [AS1] 3:00 History of Chinese Tea [AS1] 6:00 Sunday Matinee: Thousand Years of Good Prayers [BF]	9:30 Non Denominational Service 10:00 Scenic Walk [AS2] 10:30 Chair Belly Dancing [AS1] 10:30 Thymeless: Watermelon and Mint Infused Water [AS1] 10:00 Daily Chronicle & Good News 2:00 Sensory Exercise: Finger Painting [AS2] 2:30 Thymeless: Yogurtlu Meyve (Turkish Fruit Smoothie) [AS1] 3:30 Songs by Heart Music Therapy through Skype [AS1] 3:45 Ping Pong [AS1] 4:00 Slide Presentation on Cappadocia* 6:15 Game Night in Cappadocia [AS1]	9:30 Non Denominational Service 10:00 Famous Quotes of Mahatma Gandhi 10:30 Chair Zumba [AS1] 10:30 Thymeless: Infused Water: Mango Lassi Refresher [AS1] 11:00 Daily Chronicle & Good News 1:30 Reminiscing with Music [AS2] 1:30 Virtual Tour Of Indian Wildlife [BF] 2:30 Indian Rush Refresher [AS1] 3:45 Hopscotch all over the board [AS1] 4:00 Table Ball Run [AS1] 4:00 Table Tennis 6:00 The Legacy Of Mahatma Gandhi [AS2]	9:30 Non Denominational Service 10:00 Outing: The Leaning Tower 10:30 Guess the Nation Mind Fitness [AS1] 10:30 Thymeless: Ginger/ Green Apple Infused Water [AS1] 11:00 Daily Chronicle & Good News 1:30 The most incredible Landmarks In Asia 2:00 Yom HaShoah: A Day Of Remembrance 2:30 Thymeless: Matcha Tea Refreshers [AS1] 3:00 Songs by Heart Music Therapy through Skype 3:30 Rosary 4:00 Fukuwarai 6:00 Gicho - Kabu (Japanese Card Game) [AS1]	9:30 Non Denominational Service 4/8/2* Qigong Flo [AS2] 10:30 ¶ Thymeless: Cucumber Lemon Rosemary and Mint Infused [AS1] 11:00 Daily Chronicle & Good News 1:30 Virtual Tour of Taj Mahal [BF] 2:00 Let's Paint! 2:00 Sparks Physical Session 2:30 Thymeless: Mai Tai Refesher [AS1] 3:45 Chopstick Art [AS1] 6:00 Bell Balloon Badminton [AS2]	9:30 • Non Denominational Service 9:30 • Spa and Beauty [BF] 10:30 • Baker's Club Japanese Cheesecake [AS2] 4/9/2 • Tai Chi [AS1] 11:00 • Daily Chronicle & Good News 1:45 • Bookmarks [AS2] 2:00 • Crafter's Cove: Hopping Bunnies 2:00 • Sort and Match [AS1] 2:00 • Thymeless: Herbal Gardening [AS2] 4/9/2 • Thymeless: Kung Pao Mocktail [AS1] 3:45 • Men's Fitness [AS1] 3:45 • Men's Fitness [AS1] 6:00 • Chinese Checkers [AS2] 6:00 • Shabbat Service [AS1]	9:30 • Non Denominational Service 10:00 • Chair Yoga [BF] 10:30 • Men's Creative Minds [FC] 10:30 • Men's Creative Minds [FC] 10:30 • Thymeless: Grapefruit with Rosemary Infuse water [AS1] 11:00 • Daily Chronicle & Good News [AS1] 11:00 • Daily Chronicle & Good News 1:30 • The National Gallery of Singapore [BF] 2:00 • Walking Club [WP] 2:30 • Thymeless: Spring Rolls w/ Singapore Sling Refresher Social [AS1] 4:00 • Let's Paint! [AS2] 6:15 • Guided Meditation Circle [AS1]
9:30 Non Denominational Service 9:30 Spa and Beauty [BF] 10:00 Chair Yoga [AS2] 10:00 Religious Services on IN2L [BF] 10:30 Thymeless: Blackberry w/ Basil Infused Water [AS1] 11:00 Daily Chronicle & Good News 2:00 Tea Social [AS1] 3:00 Memories with Annie on the Piano [AS1] 4:00 Rosary [AS2] 4:00 Team Circle Bowling [AS1] 6:00 Sunday Matinee: Holiday Movie [BF]	9:30 Non Denominational Service 10:00 Scenic Walk [AS2] 10:30 Chair Fitness [AS1] 10:30 Thymeless: Watermelon and Mint Infused Water [AS1] 11:00 Daily Chronicle & Good News 2:00 Teative Expression 2:00 Name Five [AS1] 2:30 Painting: Asian Masterpiece 2:30 Thymeless: Berry Lake Refresher [AS1] 3:30 Songs by Heart Music Therapy through Skype [AS1] 4:00 Sensory Collages [AS2] 6:00 The story of Paul Revere's [AS1]	9:30 Non Denominational Service 10:00 Chair Aerobics [BF] 10:00 Sensory Exercise 10:30 Thymeless: Sweet Lime Green Grapes Mint Infused [AS1] 10:00 Daily Chronicle & Good News 1:30 Legends Of America 2:30 Thymeless: Passion City Spakler [AS1] 3:45 Double Or Nothing: Card Game [AS1] 6:00 Presentation On the Gateway Arch	9:30 Non Denominational Service 10:00 Chair Fitness [AS1] 10:00 Chair Workout [AS1] 10:00 Fashion of Yester Year [AS1] 10:00 Fashion of Yester Year [AS1] 10:30 Tymeless: Ginger/ Green Apple Infused Water [AS1] 11:00 Daily Chronicle & Good News 1:30 Gateway Arch Presentation 1:30 Good News with Tracey [LR] 2:30 Thymeless: Rush Springs Aqua Fresca [AS1] 4:30 Uting: Scenic Drive 6:00 American Jingo [AS1] 6:30 Thelma & Louise [AS2]	9:30 Non Denominational Service 10:00 Where have you Been in the World's [AST] 10:30 Chair Aerobics 10:30 Thymeless: Cucumber Lemon Rosemary and Mint Infused [AST] 11:00 Daily Chronicle & Good News 2:00 SPARK: Cognitive Fitness Class [SR] 2:30 Thymeless: Texas Amarillo Nopaloma Sipper [AST] 4:00 Puzzle Corner 6:00 Colorful Expression [AS2] 6:00 Movie: Walk In The Woods [AST]	9:30 • Non Denominational Service 9:30 • Spa and Beauty [BF] 10:30 • Baker's Big Dipper Cake 10:30 • Dyno Band Exercise [AS2] 11:00 • Daily Chronicle & Good News 1:30 • Discovering The Big Dipper [AS2] 2:30 • Nature Walk [BF] 2:30 • Thymeless: Virginia Refresher 4:00 • Creative thinking exercise [AS1] 6:00 • Shabbat Service [AS1]	9:30 • Non Denominational Service 10:30 • Men's Creative Minds [FC] 10:30 • Sit & Fit [AS1] 10:30 • Sit & Fit [AS1] 10:30 • Sit & Fit [AS1] 11:00 • Daily Chronicle & Good News 3:00 • Wine Tasting / Cheese Social [AS1] 4:00 • Let's Shop! 6:15 • Guided Meditation Circle [AS1]

Location Keys

Activity Studio 1 Activity Studio 2 **Both Floors Fitness Center** Living Room Serenity Room West Patio

***ESSENCE** *SPARK

FEEL GROW MOVE REFLECT

*THYMELESS CONNECT CONTRIBUTE

> 6:00 • Sunday Matinee: Woman at war [BF] AS₁ AS2 BF FC 9:30 • Non Denominational Service 10:00 • Chair Yoga [AS2] LR 10:00 • Religious Services on IN2L

9:30 • Non Denominational Service

11:00 • Daily Chronicle & Good News

2:00 • Tea Time Social [AS1]

4:00 • Rosary [AS2]

3:30 • Ping Pong [AS1]

6:00 • Sunday Matinee: Holiday Movie [BF]

4:00 Rosary [AS2]

9:30 • Rosary [AS2]

10:30 • Thymeless: Blackberry w/ Basil Infused Water [AS1]

3:00 • Memories with Annie on the Piano [AS1]

3:00 Memories with Annie on the Piano [AS1]

9:30 • Spa and Beauty [AS2] 10:00 • Religious Services on IN2L

10:30 • Chair Pilates [AS1]

Bienvenue a' Paris

10:30 • Thymeless: Blackberry w/ Basil Infused Water [AS1] 11:00 • Daily Chronicle & Good News
2:00 • British Tea Time / mini sandwiches [AS1] 3:00 • Memories with Annie on the Piano [AS1] 3:30 • Turntable Record Playing Reminiscing [AS2]

10:00 • Scenic Walk [AS2] 10:00 • Thymeless Gardening [AS2] 10:30 • Thymeless: Watermelon and Mint Infused Water [AS1]
1:00 Daily Chronicle & Good News 1:30 • Virtual Tour Grand Canyon [AS2] 2:30 • Thymeless: Citron Presse' (French Lemonade) [AS1] 3:00 Essence with Tracy [SR] 3:30 Songs by Heart Music Therapy through Skype [AS1]

9:30 • Non Denominational Service

10:30 • Thymeless: Watermelon and Mint Infused Water [AS1]

1:00 • Daily Chronicle & Good News

1:30 • Destination: Saint Croix [AS2]

3:00 & Essence with Tracy [SR]

6:00 • Meditation Circle [AS2]

2:30 • Thymeless: Frozen Ginger Mint Mojito [AS1]

3:30 • Songs by Heart Music Therapy through Skype

6:00 • Virtual tour of The Louvre Museum [BF]

0:00 Scenic Walk [AS2]

3:00 • Crafter's Cove

4:00 • Kickball [AS1]

9:30 • Non Denominational Service

26 9:30 | IBF|
10:30 | Thymeless: Sweet Lime Green Grapes Mint Infused 1:00 • Daily Chronicle & Good News 2:30 • Thymeless: French Julep [AS1] 3:00 & Essence With Tracy [SR] 3:00 A Essence with Tracy [SR] 3:45 • 5000(Dice Game) [BF]

9:30 Non Denominational Service

9:30 • Non Denominational Service

11:00 • Daily Chronicle & Good News

Essence with Tracy [SR]

6:00 • 5000(Dice Game) [AS1]

4:00 • Exercising with Pool Noodles [AS1]

2:30 • Thymeless: Caribbean Passion Fruit sn

10:30 Thymeless: Sweet Lime Green Grapes Mint Infused

[AS1]

9:30 • Non Denominational Service 10:00 • Chair Workout [AS1] 10:30 **11** Thymeless: Ginger/ Green Apple Infused Water [AS1] 11:00 • Daily Chronicle & Good News 1:30 • Good News with Tracey [LR]

9:30 • Non Denominational Service

10:00 • Sensory Water Therapy [AS1]

11:00 • Daily Chronicle & Good News

1:30 • Good News with Tracev [LR]

10:30 | Thymeless: Ginger/ Green Apple Infused Water [AS1]

2:30 Thymeless: Cremas Haitian Smoothie [AS1]

6:00 • Haiti's Spectacular Paradise Labadee [AS1]

10:00 • Chair Workout [AS1]

10:00 • Outing: Scenic Drive

4:00 • Poetry Corner [BF]

4:00 • Story Time [AS2]

2:30 • Thymeless: French Toast Banana Smoothie 3:00 Essence with Tracy [SR] 6:00 • Haiti's Spectacular Paradise Labadee [AS1] 6:00 • Let's Make A Deal [AS1]

9:30 • Non Denominational Service **ZO** 10:00 • Culture in Motion [AS1] 10:30 • A Day in Paris w/ Frank Rossi [AS1] 10:30 • Thymeless: Gardening [AS1]

9:30 • Non Denominational Service

10:30 • Thymeless: Gardening [AS1] 11:00 • Daily Chronicle & Good News

2:30 • Thymeless: Bahama Breeze Moctail [AS1]

10:30 • Chair Zumba [AS1]

2:00 Sparks Session [SR]

3:00 Essence with Tracy [SR]

4:00 • Fun with Parachute

6:15 • Spanish Bingo

2:30 • Men's Club

11:00 • Daily Chronicle & Good News 1:30 • Virtual Tour : Place of Versailles [BF] 2:00 • Painting of the Effel Tower [AS1] 2:30 • Thymeless: French Kiss Refresher [AS1] 3:00 Essence with Tracy [SR]

6:00 • Presentation on Nortre Dame Catherdral [AS2]

10:30 Baker's Club Madelines with 10:30 • Culture in Motion [AS2] 4/9/2 • Tai Chi [AS1] 11:00 • Daily Chronicle & Good News

9:30 • Non Denominational Service

9:30 • Non Denominational Service

10:30 • Moving to Socca Beat [AS2]

11:00 • Daily Chronicle & Good News

2:30 • Thymeless: Jamaican Mango Jammo Smoothie [AS1]

6:00 • Special segment on Africa By Staff [AS2]

10:00 Imagine This! Sensory

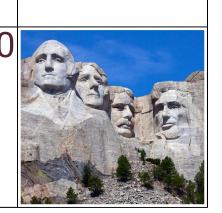
6:00 • Shabbat Service [AS1]

Exercise

6:00 • Kickball [AS2]

2:30 • Thymeless: Limoncello Sparkler [AS1] 2:30 • Thymeless: Strawberry orange mimos moctail [AS1] 3:00 🕸 Essence with Tracy [SR]

6:00 • Kings in the Corner: Card Game [AS2] 6:00 • Shabbat Service [AS1]



9:30 • Non Denominational Service

10:30 • Men's Creative Minds [FC]

6:15 • Guided Meditation Circle [AS1]

10:30 When Sciedard with Rosemary Infuse water [AS1]

11:00 Daily Chronicle & Good News

2:30 • Thymeless: Fresco de frutas (Costa Rican Fruit Sparkler) [AS1]
3:00 • Mexican Culture Guacamole and Chips [AS1]

9:30 • Spa and Beauty

4:00 • Let's Paint! [AS2]

10:00 • What's on your Mind

Created on Saturday, March 20, 2021 1:41 PM

NORTH SHORE

Signature Collection a Senior Lifestyle community