

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Join Us for Family Fun Day on April 13th at 1:00 p.m. Please RSVP by April 8th with the front office.

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

9:15 ● Nature Walk
9:30 ● Communion [HR]
10:00 ● Spiro 100- Chair Dance [HR]
10:30 ● Gospel Music [MDR]
1:30 ● Word of God with Brian [HR]
2:00 ● Color Therapy
2:45 ● Bingo [HR]
3:00 ● Bowling [MDR]
3:30 ● Essence [HR]
6:00 ● Natures Beauty

9:15 ● Nature Walk
9:45 ● Daily Chronicle [HR]
10:00 ● Spiro 100- Chair Yoga [HR]
10:40 ● Bean Bag Toss! [MDR]
1:30 ● Manipulative Skills with Sharon [HR]
2:00 ● Bible Study [L]
2:30 ● Spelling B [HR]
3:15 ● Arm Chair Travel [HR]
3:30 ● Essence
3:40 ● Cranium Crunches [HR]
6:00 ● Meditation Hour [CC]

9:15 ● Nature Walk
9:30 ● Daily Chronicle [MDR]
10:30 ● Baking Hour! [MDR]
1:15 ● Horse Racing
2:15 ● Spa Nail care
3:00 ● Bingo!
3:30 ● Cranium Crunches [HR]
3:30 ● Essence
6:00 ● Meditation Hour!

9:15 ● Nature Walk
9:30 ● Daily Chronicle [MDR]
10:00 ● Ballet Dance [HR]
10:00 ● Parachute Fun!
2:00 ● Art Club
2:00 ● Bean Bag Toss! [HR]
2:15 ● Spa Nail Care
2:45 ● Creative Hands with Lillian [MDR]
3:30 ● Essence
3:30 ● Hymns [L]
6:00 ● Natures Beauty [CC]

9:15 ● Nature Walk
9:30 ● Daily Chronicle [HR]
10:00 ● Music for the Heart with Beth [MDR]
2:00 ● Game Show Hour! [MDR]
3:00 ● Entertainment with Bob! [MDR]
3:30 ● Arm Chair Travels [HR]
3:30 ● Essence
6:00 ● Meditation Hour

9:15 ● Nature Walk [OUT]
9:45 ● Daily Chronicle [MDR]
10:00 ● Spiro 100- Paper Plates in Hand [HR]
1:30 ● Gardening Club with Trino [GAZ]
2:00 ● Color Therapy [HR]
2:00 ● IN2L: Name That Tune [L]
3:00 ● Parachute Shake [MDR]
6:00 ● Natures Beauty [L]

9:15 ● Nature Walk
9:45 ● Daily Chronical
10:00 ● Wake Up Stretch [HR]
10:30 ● Pictionary
2:00 ● Ring Toss [MDR]
2:00 ● Sing-Along [MDR]
3:00 ● Afternoon Puzzle [MDR]
6:00 ● Meditation Hour

9:15 ● Nature Walk
9:30 ● Communion [HR]
10:00 ● Spiro 100- Chair Dance [HR]
10:30 ● Gospel Music [MDR]
1:30 ● Word of God with Brian [HR]
2:00 ● Color Therapy
2:45 ● Bingo [HR]
3:00 ● Bowling [MDR]
3:30 ● Essence [HR]
6:00 ● Natures Beauty

9:45 ● Daily Chronicle [HR]
10:00 ● Spiro 100- Chair Dance [HR]
10:40 ● Bean Bag Toss! [MDR]
1:30 ● Manipulative Skills with Sharon [HR]
2:00 ● Bible Study [L]
2:30 ● Spelling B [HR]
3:15 ● Arm Chair Travel [HR]
3:30 ● Essence
3:40 ● Cranium Crunches [HR]
6:00 ● Meditation Hour [CC]

9:30 ● Daily Chronicle [MDR]
10:30 ● Baking Hour! [MDR]
1:15 ● Horse Racing
2:15 ● Spa Nail care
3:00 ● Bingo!
3:00 ● Prize Bingo
3:30 ● Cranium Crunches [HR]
3:30 ● Essence
6:00 ● Meditation Hour!

9:30 ● Daily Chronicle [MDR]
9:45 ● Interfaith Outreach
10:00 ● Health & Exercise Class with Sylvia [HR]
2:00 ● Art Club
2:15 ● Spa Nail Care
2:45 ● Creative Hands with Lillian [MDR]
3:00 ● Terry and her Drums! [L]
3:30 ● Essence
3:30 ● Hymns [L]
6:00 ● Cranium Crunches [HR]
6:00 ● Natures Beauty [CC]

9:15 ● Morning Stroll Club [OUT]
9:30 ● Daily Chronicle [HR]
10:00 ● Music for the Heart with Beth [MDR]
2:00 ● Game Show Hour! [MDR]
3:30 ● Arm Chair Travels [HR]
3:30 ● Essence
6:00 ● Cranium Crunches [HR]
6:00 ● Meditation Hour

9:15 ● Nature Walk [OUT]
9:45 ● Daily Chronicle [MDR]
10:00 ● Spiro 100- Mindful Movement [HR]
1:30 ● Gardening Club with Trino [GAZ]
2:00 ● Color Therapy [HR]
2:00 ● IN2L: Name That Tune [L]
3:00 ● Parachute Shake [MDR]
6:00 ● Natures Beauty [L]

9:15 ● Nature Walk
9:45 ● Daily Chronicle
10:00 ● Wake Up Stretch [HR]
10:30 ● Pictionary
1:00 ● Family Day!
2:00 ● Ring Toss [MDR]
2:00 ● Sing-Along [MDR]
3:00 ● Afternoon Puzzle [MDR]
6:00 ● Meditation Hour

Sunflower Gardens
A Senior Lifestyle Community

April Birthdays'
Tsui-Lien-Lin Y. 4/10
Lynn E. 4/13
Elaine L. 4/15
Virginia P. 04/16

9:15 ● Nature Walk
9:30 ● Communion [HR]
10:00 ● Spiro 100- Chair Yoga [HR]
10:30 ● Gospel Music [MDR]
1:30 ● Word of God with Brian [HR]
2:00 ● Color Therapy
2:45 ● Bingo [HR]
3:00 ● Bowling [MDR]
3:30 ● Essence [HR]
6:00 ● Natures Beauty

9:45 ● Daily Chronicle [HR]
10:00 ● Spiro 100- Chair Yoga [HR]
10:40 ● Bean Bag Toss! [MDR]
1:30 ● Manipulative Skills with Sharon [HR]
2:00 ● Bible Study [L]
2:30 ● Spelling B [HR]
3:15 ● Arm Chair Travel [HR]
3:30 ● Essence
3:40 ● Cranium Crunches [HR]
6:00 ● Meditation Hour [CC]

9:30 ● Daily Chronicle [MDR]
10:00 ● Spiro 100- Mindful Movement [HR]
10:30 ● Baking Hour! [MDR]
1:15 ● Horse Racing
2:15 ● Spa Nail care
3:00 ● Bingo!
3:30 ● Bingo [L]
3:30 ● Essence
6:00 ● Meditation Hour!

9:30 ● Daily Chronicle [MDR]
10:00 ● Health & Exercise Class with Sylvia [HR]
10:00 ● Parachute Fun!
2:00 ● Art Club
2:15 ● Spa Nail Care
2:45 ● Creative Hands with Lillian [MDR]
3:15 ● Trivia [L]
3:30 ● Essence
3:30 ● Hymns [L]
6:00 ● Cranium Crunches [HR]
6:00 ● Natures Beauty [CC]

9:15 ● Morning Stroll Club [OUT]
9:30 ● Daily Chronicle [HR]
10:00 ● Music for the Heart with Beth [MDR]
2:00 ● Game Show Hour! [MDR]
2:00 ● Share Your Passions
3:00 ● Entertainment with Vic!
3:30 ● Arm Chair Travels [HR]
3:30 ● Essence
6:00 ● Cranium Crunches [HR]
6:00 ● Meditation Hour

9:15 ● Nature Walk [OUT]
9:45 ● Daily Chronicle [MDR]
10:00 ● Spiro 100- Paper Plates in Hand [HR]
1:30 ● Gardening Club with Trino [GAZ]
2:00 ● Color Therapy [HR]
2:00 ● IN2L: Name That Tune [L]
3:00 ● Parachute Shake [MDR]
6:00 ● Natures Beauty [L]

9:15 ● Nature Walk
9:45 ● Daily Chronicle
10:00 ● Wake Up Stretch [HR]
10:30 ● Pictionary
2:00 ● Ring Toss [MDR]
2:00 ● Sing-Along [MDR]
3:00 ● Afternoon Puzzle [MDR]
6:00 ● Meditation Hour

Easter
9:15 ● Nature Walk
9:30 ● Communion [HR]
10:00 ● Spiro 100- Chair Fun [HR]
10:30 ● Gospel Music [MDR]
1:30 ● Word of God with Brian [HR]
2:00 ● Color Therapy
2:45 ● Bingo [HR]
3:00 ● Bowling [MDR]
3:30 ● Essence [HR]
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2:00 ● Bible Study [L]
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3:00 ● Prize Bingo
3:30 ● Cranium Crunches [HR]
3:30 ● Essence
6:00 ● Meditation Hour!

9:30 ● Daily Chronicle [MDR]
10:00 ● Health & Exercise Class with Sylvia [HR]
10:00 ● Marconi Museum/ Lunch Outing
10:00 ● Parachute Fun!
2:00 ● Art Club
2:15 ● Spa Nail Care
2:45 ● Creative Hands with Lillian [MDR]
3:15 ● Trivia [L]
3:30 ● Essence
3:30 ● Hymns [L]
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3:30 ● Essence
6:00 ● Meditation Hour!

Location Keys

- City Drive
- Girasol Gazebo
- Hollywood Room
- Library
- Main Dining Room
- Outdoor Walk Path
- CC
- GAZ
- HR
- L
- MDR
- OUT

