


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div>🌱 Environmental</div><div>💡 Mentally Stimulating</div><div>🍵 Nourish Mind &amp; Body</div></div></div>	<div><div>April Fool's Day</div><div>Oxnard Medical appts 9am-3pm (Last appt time) (SU)</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Bone Builders Fitness (9am-10:40am) [W]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:30 ➡ Veteran Care Benefits 101 with Kevin (+ Donuts) (SU)</div><div>11:00 ➡ Chair Fitness w/Karen (SU) [W]</div><div>11:00 🚫 Mindful Mondays w/Olivia (Dietetic Intern): Protein as Fuel + Chili (SU) [R]</div><div>12:00 🚫 Savor's "500 Club" Launch Luncheon w/Olivia</div><div>1:00 ➡ Beginning Qi Gong w/Carol (SU) [W]</div><div>1:00 ➡ Book Group for the Soul w/Susan and Britt (SU) [A]</div><div>1:00 ➡ FULL- Hand and Foot w/Residents (SU) [MP]</div><div>3:30 ➡ Ping Pong w/Neighbors (SU) [W]</div><div>3:30 ➡ Raffle BINGO w/Britt (SU-18) [T]</div><div>4:30 ➡ Movie Trailers Preview: Catch a Glimpse of</div></div>	<div><div>Happy Bday Cloene!</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 🚫 Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 🚫 Power Walk Club w/Britt (1+ mile) [F]</div><div>9:45 ➡ Playing Bridge- Refresher w/Ray (SU) [MP]</div><div>10:00 ➡ Special Shopping Trip: Esplanade Center (SU) [F]</div><div>10:30 ➡ Destination Bucket-List Travel Talks (SU) [T]</div><div>11:00 ➡ Bowling League w/Residents (SU) [MP]</div><div>11:00 🚫 Tai Chi Warm-Up (SU) [W]</div><div>12:00 ➡ Volunteer Day Outing at St. Paul's in Oxnard (12pm-2:30pm) [F]</div><div>1:00 ➡ Bridge Club w/Residents (SU) [MP]</div><div>1:00 ➡ Stitching Circle w/Residents (SU) [R]</div><div>3:00 ➡ Longer Around Town: The Gateway Center in Ventura (SU) [F]</div><div>3:00 ➡ Mental Boost Happy Hour w/Britt: Ted Talk + Discussion [T]</div></div>	<div><div>Savor Happy Hour 3:30pm-6pm</div><div>Ventura Medical appts 9am-3pm (Last appt time) (SU)</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 🚫 National Walking Day- Power Walk Club w/ Britt (1+ mile) [F]</div><div>10:30 ➡ Coffee, Donuts, and Caregiving 101 w/Kristie Jo's Caregiving (SU)</div><div>10:30 ➡ Home Health Q&amp;A with Ann from Senior Helpers (SU)</div><div>10:30 ➡ National Walking Day- Strolling w/Kristie Jo's Caregiving (SU) [F]</div><div>11:00 ➡ Beginning Tai Chi w/Andrea (SU) [W]</div><div>11:00 ➡ Memes That Made My Week w/Madison (SU) [T]</div><div>12:00 🚫 Celebrity Chef's Table: Gordon Ramsay (24 points) [R]</div><div>1:00 ➡ Music Documentary: Miss Americana (SU) [F]</div></div>	<div><div>Limited menu for Savor dinner. Reservations 5pm-7pm</div><div>MP Room is in use from 6pm-8:30pm</div><div>9:00 ➡ Around town- One off errands in Oxnard (SU) [F]</div><div>9:00 ➡ Bone Builders Fitness (9am-10:40am) [W]</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 🚫 Power Walk Club w/Britt (1+ mile) [F]</div><div>9:30 ➡ Strolling w/Kristie Jo's Caregiving (SU) [F]</div><div>10:15 🚫 POSTPONED- "Seniors Aiding Students" Volunteer Work [F]</div><div>10:30 ➡ Barnes and Noble Book Outing (SU) [F]</div><div>10:30 ➡ Brain Boosters w/Madison (SU) [MP]</div><div>11:00 ➡ Rise and STRETCH w/Britt [Patio]</div><div>11:00 🚫 Tai Chi Warm-Up w/Residents (SU) [W]</div><div>12:45 ➡ Explore the Town: Thrift/vintage shopping in downtown Ventura (for 4/11 Prom event!) (SU) [F]</div><div>1:00 ➡ Move your Body: Jazz Dance w/ Madison (SU) [F]</div></div>	<div><div>Happy Bday Swan!</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 🚫 Breathe: Meditate w/Britt (SU) [T]</div><div>9:00 ➡ Weekly Errands- Trader Joe's (SU) [F]</div><div>9:30 🚫 Power Walk Club w/Britt (1+ mile) [F]</div><div>10:00 ➡ Ping Pong w/Neighbors (SU) [W]</div><div>10:30 ➡ True Crime Docu-Series: American Nightmare Part 1 (SU) [T]</div><div>11:00 ➡ Beginning Tai Chi w/Andrea (SU) [W]</div><div>11:00 ➡ Weekly Errands: Vons (SU) [F]</div><div>11:00 ➡ Women's Bible Study w/Arlene (SU) [MP]</div><div>1:00 ➡ Weekly Errands: Trader Joe's (SU) [F]</div><div>2:00 🚫 In Person Seated or Mat Yoga w/Heidi (SU) [W]</div><div>2:00 ➡ Spanish BINGO w/Raul (SU) [A]</div><div>3:15 ➡ Better Balance Fitness w/Cristina (30 min) [W]</div><div>3:30 ➡ NEW- Corn hole and Beer w/the GUYS +</div></div>	<div><div>Happy B-day Edgar!</div><div>9:30 ➡ Power Walk w/Residents [F]</div><div>11:00 🚫 Sound Healing w/Rob (SU) [T]</div><div>1:00 ➡ Music Therapy w/Rob (SU) [W]</div><div>1:00 ➡ Rummikub + Scrabble with Neighbors- Invite a friend! (SU)</div><div>2:00 ➡ Outdoor Games w/Neighbors: Bocce Ball + Corn Hole (Invite a friend to play) [Patio]</div><div>2:30 ➡ Lucky Strike: Wii Bowling w/Neighbors (SU) [MP]</div><div>3:00 ➡ Saturday Series: Virgin River (SU) [T]</div><div>7:00 ➡ In Case You Missed It: A Star Is Born (SU) [T]</div></div>
<div><div>CW Spirit Week Starts tomorrow- Celebrate 6 years with us Monday through Thursday!</div><div>Open workout studio hours: 6am-10am, 11am-9pm</div><div>10:00 ➡ Sunday Stretch w/Madison (SU) [W]</div><div>12:30 ➡ New Movie Release Matinee: The Creator (SU) [T]</div><div>2:00 ➡ Weekender Games w/Neighbors- Invite a friend! (2pm-4pm) (SU) [MP]</div><div>2:30 ➡ Afternoon Color Therapy w/ Madison (SU) [A]</div><div>3:00 ➡ Sunday Series: Curb Your Enthusiasm (SU) [T]</div><div>4:30 ➡ Game Night w/Madison (SU) [MP]</div><div>7:00 ➡ Sunday New Releases: The Creator (SU) [T]</div></div>	<div><div>CW Spirit Week- Wear Blue and White for Clearwater!</div><div>Open workout studio hours: 6am-9am, 12pm-1pm, 2pm-9pm</div><div>Oxnard Medical appts 9am-3pm (Last appt time) (SU)</div><div>Savor Happy Hour 3:30pm-6pm</div><div>8:30 ➡ Healthy Snack + Home Health Q&amp;A w/ Dominique from Assisted Cares</div><div>9:00 ➡ Bone Builders Fitness [W]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:30 ➡ Silhouette Painting Lesson w/Madison (SU) [A]</div><div>11:00 ➡ Chair Fitness w/Karen (SU) [W]</div><div>12:00 🚫 Mindful Mondays w/Olivia: [R]</div><div>1:00 ➡ Book Group for the Soul w/Susan and Britt (SU) [A]</div><div>1:00 ➡ FULL- Hand and Foot w/Residents (SU) [MP]</div><div>1:00 ➡ Qi Gong w/Carol (SU) [W]</div><div>2:30 ➡ Ping Pong w/Neighbors (SU) [W]</div></div>	<div><div>CW Spirit Week- Pajama Day!</div><div>Happy Bday Trevor!</div><div>9:00 🚫 Meditate w/Britt (SU) [T]</div><div>9:30 🚫 Power Walk Club w/Britt (1+ mile) [F]</div><div>9:30 ➡ Prom Outfit Shopping: Thrifting at Arc (SU) [F]</div><div>9:45 ➡ Bridge Refresher w/Ray [MP]</div><div>10:30 ➡ Bucket-List Travel Talks (SU) [T]</div><div>10:30 ➡ Referral Program 411 w/April (SU)</div><div>11:00 ➡ *NEW* Cold Case Detective w/Madison (SU) [MP]</div><div>11:00 🚫 Tai Chi Warm-Up (SU) [W]</div><div>12:30 ➡ Savor Pop-up Experience: [Patio]</div><div>1:00 ➡ Bridge Club (SU) [MP]</div><div>1:30 ➡ Bank Runs in Oxnard (SU) [F]</div><div>2:00 ➡ Jeopardy (SU) [T]</div><div>2:30 ➡ Life Changes Support Group [A]</div><div>3:00 ➡ Green Thumb Nursery (SU) [F]</div></div>	<div><div>CW Spirit Week- Sports Day!</div><div>Empowered Living Healthy Lunch Meal at the Chef's Table starting at 12pm: Chicken Lettuce Wraps (9 points)</div><div>Open workout studio hours: 6am-11am, 3:15pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>Ventura Medical appts 9am-3pm (Last appt time) (SU)</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:30 ➡ Coffee, Donuts, and Caregiving 101 w/Kristie Jo's Caregiving (SU)</div><div>10:30 ➡ Strolling w/Kristie Jo's Caregiving (SU) [F]</div><div>11:00 ➡ Beginning Tai Chi w/Andrea (SU) [W]</div><div>11:00 ➡ Memes That Made My Week w/Madison (SU) [T]</div><div>12:00 ➡ Wellness Wednesday w/Britt: 5 ways to UPGRADE your eating habits (Enjoy this with your EL Health Meal) [R]</div><div>1:00 ➡ Growing with Grief Support Group w/Susan</div></div>	<div><div>CW Spirit Week- Prom-wear for event!</div><div>Due to event- No Reservations/regular dinner hours. Buffet offered 5pm-7pm, open seating in Savor. 18 points</div><div>Happy B-day Barbara G!</div><div>Open workout studio hours: 6am-9am, 2pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Bone Builders Fitness [W]</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:00 ➡ Brunch Lovers: Café Nouveau in Ventura (SU) [F]</div><div>9:30 🚫 Power Walk Club w/Britt (1+ mile) [F]</div><div>9:30 ➡ Strolling w/Kristie Jo's Caregiving (SU) [F]</div><div>10:00 ➡ Car washes w/ Hector [F]</div><div>10:00 ➡ Get your Prom Make-up Done (10am-2:15pm) [A]</div><div>10:30 ➡ Brain Boosters w/Neighbors (SU) [MP]</div><div>11:00 🚫 Tai Chi Warm-Up w/Residents (SU) [W]</div><div>1:00 ➡ Longer "One off" errands, Ventura (SU- 5 max) [F]</div></div>	<div><div>National Pet Day- Check out our team/ resident pets on our community board in the Art Studio</div><div>Open workout studio hours: 6am-11am, 2pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:00 ➡ Weekly Errands- Walmart (SU) [F]</div><div>9:30 🚫 Healthy Start: Smoothies/Coffee at The Annex + Power Walk w/Britt (Bring \$) [F]</div><div>10:00 ➡ Ping Pong w/Neighbors (SU) [W]</div><div>10:30 ➡ True Crime Docu-Series: American Nightmare Part 2 (SU) [T]</div><div>11:00 ➡ Ceramic Art w/Ana: Bird Project (SU-10) [A]</div><div>11:00 ➡ Weekly Errands: Trader Joe's (SU) [F]</div><div>11:00 ➡ Women's Bible Study w/Arlene (SU) [MP]</div><div>1:00 ➡ Weekly Errands: Vons (SU) [F]</div><div>2:00 🚫 In Person Seated or Mat Yoga w/Heidi (SU) [W]</div></div>	<div><div>Happy Bday Gene!</div><div>9:00 ➡ Weekend Wandering: Downtown Ventura Farmer's Market Trip (SU) [F]</div><div>9:30 ➡ Power Walk w/Residents [F]</div><div>1:00 ➡ Bonus BINGO w/Tommy (SU) [T]</div><div>1:00 ➡ National Scrabble Day- Invite a neighbor to play! (SU)</div><div>2:00 ➡ Outdoor Games w/Neighbors: Bocce Ball + Corn Hole (Invite a friend to play) [Patio]</div><div>3:00 ➡ Saturday Series: Virgin River (SU) [T]</div><div>7:00 ➡ In Case You Missed It: May December (SU) [T]</div></div>
<div><div>Open workout studio hours: 6am-10am, 11am-9pm</div><div>10:00 ➡ Sunday Stretch w/ Madison (SU) [W]</div><div>12:30 ➡ New Movie Release Matinee: The Holdovers (SU) [T]</div><div>2:00 ➡ Weekender Games w/Neighbors- Invite a friend! (2pm-4pm) (SU) [MP]</div><div>2:30 ➡ Afternoon Color Therapy w/ Madison (SU) [A]</div><div>3:00 ➡ Sunday Series: Curb Your Enthusiasm (SU) [T]</div><div>4:30 ➡ Game Night w/Madison (SU) [MP]</div><div>7:00 ➡ Sunday New Releases: The Holdovers (SU) [T]</div></div>	<div><div>Open workout studio hours: 6am-9am, 12pm-1pm, 2pm-9pm</div><div>Oxnard Medical appts 9am-3pm (Last appt time) (SU)</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Bone Builders Fitness (9am-10:40am) [W]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:30 ➡ DIY Taylor Swift Friendship Bracelet (SU) [A]</div><div>11:00 ➡ Chair Fitness w/Karen (SU) [W]</div><div>1:00 ➡ Beginning Qi Gong w/Carol (SU) [W]</div><div>1:00 ➡ Book Group for the Soul w/Susan and Britt (SU) [A]</div><div>1:00 ➡ FULL- Hand and Foot w/Residents (SU) [MP]</div><div>3:30 ➡ Ping Pong w/Neighbors (SU) [W]</div><div>3:30 ➡ Raffle BINGO w/Madison (SU-18) [T]</div><div>4:30 ➡ Movie Trailers Preview: Catch a Glimpse of What's to Come [T]</div><div>7:00 ➡ Comedy Movie Night: Eighth Grade (SU) [T]</div></div>	<div><div>Clearwater's 6th Anniversary</div><div>Open workout studio hours: 6am-11am, 12:30pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Adventure Seeker: LA Zoo (lots of walking) (SU) [F]</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>9:45 ➡ Playing Bridge- Refresher w/Ray (SU) [MP]</div><div>10:30 ➡ Destination Travel Talks [T]</div><div>10:30 ➡ Self Love w/Britt: [A]</div><div>11:00 ➡ *NEW* Cold Case Detective w/Madison (SU) [MP]</div><div>11:00 🚫 Tai Chi Warm-Up (SU) [W]</div><div>1:00 ➡ Bridge Club w/Residents (SU) [MP]</div><div>1:00 ➡ Jeopardy with Madison (SU) [T]</div><div>1:00 ➡ Stitching Circle w/Residents (SU) [R]</div><div>3:00 ➡ Creative Writing Circle w/Jill- Come to have fun! (SU) [A]</div></div>	<div><div>Open workout studio hours: 6am-1:30pm, 3:15pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>Ventura Medical appts 9am-3pm (Last appt time) (SU)</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:30 ➡ Healthy snack + Reiki 101 w/Micki</div><div>10:30 ➡ Pastries and Q + A with Joann from Mission Health (10:30am-12pm)</div><div>10:30 ➡ Strolling w/Kristie Jo's Caregiving (SU) [F]</div><div>11:00 ➡ GoodNews of the World w/Madison (SU) [T]</div><div>11:30 ➡ Savor's Roundtable w/Culinary (SU) [R]</div><div>12:30 ➡ "The Wonders + Health Benefits of CBD" Seminar w/Justin from 101 CBD (SU) [T]</div><div>2:00 🚫 In Person Seated or Mat Yoga w/Heidi (SU) [W]</div><div>2:00 ➡ NEW: Pairing with Pints w/Madison (SU) [A]</div><div>3:30 ➡ CASINO BINGO w/Britt (SU-18) [T]</div></div>	<div><div>Limited menu for Savor dinner. Reservations 5pm-7pm</div><div>MP Room is in use from 6pm-8:30pm</div><div>Open workout studio hours: 6am-9am, 2pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Bone Builders Fitness (9am-10:40am) [W]</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>9:30 ➡ Strolling w/Kristie Jo's Caregiving (SU) [F]</div><div>9:30 ➡ Weekly Errands: Vons (SU) [F]</div><div>10:30 ➡ Brain Boosters w/Madison (SU) [MP]</div><div>11:00 ➡ Rise and STRETCH w/Britt [Patio]</div><div>11:00 🚫 Tai Chi Warm-Up w/Residents (SU) [W]</div><div>11:15 ➡ Exotic Foodie Club: Peking Inn, Camarillo (SU) [F]</div><div>11:30 ➡ Jewelry Creations with Laura (SU-12) [A]</div><div>1:00 ➡ Move your Body: Jazz Dance w/ Madison (SU) [W]</div><div>2:00 ➡ Expand your Mind: Declutter, organize and</div></div>	<div><div>Errands offered on Thursday, 4/18 this week</div><div>Happy Bday June!</div><div>Open workout studio hours: 6am-1:30pm, 4:30pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:00 ➡ Weekly Errands- Walmart (SU) [F]</div><div>9:30 🚫 Power Walk Club w/Britt (1+ mile) [F]</div><div>10:00 ➡ Ping Pong w/Neighbors (SU) [W]</div><div>10:30 ➡ True Crime Docu-Series: American Nightmare Part 3 (SU) [T]</div><div>11:00 ➡ Women's Bible Study w/Arlene (SU) [MP]</div><div>2:00 ➡ In Person Seated or Mat Yoga w/Heidi (SU) [W]</div><div>2:00 ➡ Spanish BINGO w/Gen (SU) [A]</div><div>3:15 ➡ Better Balance Fitness w/Cristina (30 min) [W]</div><div>3:45 ➡ Seated Balloon Volleyball w/Cristina (30 min) [W]</div></div>	<div><div>Open workout studio hours: 6am-9pm</div><div>9:30 ➡ Power Walk w/Residents [F]</div><div>11:00 ➡ Sound Healing w/Rob (SU) [T]</div><div>1:00 ➡ Music Therapy w/Rob (SU) [T]</div><div>1:00 ➡ Rummikub + Scrabble with Neighbors- Invite a friend! (SU)</div><div>2:00 ➡ Outdoor Games w/Neighbors: Bocce Ball + Corn Hole (Invite a friend to play) [Patio]</div><div>2:00 ➡ Resident Bookworm Club w/Residents: Horse by Geraldine Brooks (SU) [A]</div><div>2:30 ➡ Lucky Strike: Wii Bowling w/Neighbors (SU) [MP]</div><div>3:00 ➡ Saturday Series: Virgin River (SU) [T]</div><div>7:00 ➡ In Case You Missed It: The Irishman (SU) [T]</div></div>
<div><div>Open workout studio hours: 6am-10am, 11am-9pm</div><div>10:00 ➡ Sunday Stretch w/ Madison (SU) [W]</div><div>12:00 ➡ Sunday Social Mixer- Springing into Friendship [Patio]</div><div>12:30 ➡ New Movie Release Matinee: Wonka (SU) [T]</div><div>2:00 ➡ Weekender Games w/Neighbors- Invite a friend! (2pm-4pm) (SU) [MP]</div><div>2:30 ➡ Selfcare Sunday w/ Madison (SU) [A]</div><div>3:00 ➡ Sunday Series: Curb Your Enthusiasm (SU) [T]</div><div>4:30 ➡ Game Night w/Madison (SU) [MP]</div><div>7:00 ➡ Sunday New Releases: Wonka (SU) [T]</div></div>	<div><div>Happy Passover! Enjoy a traditional Chef Du Jour for dinner to honor this holiday</div><div>Open workout studio hours: 6am-9am, 12pm-1pm, 2pm-9pm</div><div>Oxnard Medical appts 9am-3pm (Last appt time) (SU)</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Bone Builders Fitness (9am-10:40am) [W]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:30 ➡ Pastries and In Home Care Assistance Q + A with Maureen (SU)</div><div>10:30 ➡ Sip &amp; Paint w/Madison: Welcoming the Spring Season (SU) [A]</div><div>11:00 ➡ Chair Fitness w/Karen (SU) [W]</div><div>1:00 ➡ Beginning Qi Gong w/Carol (SU) [W]</div><div>1:00 ➡ Book Group for the Soul w/Susan and Britt (SU) [A]</div><div>1:00 ➡ FULL- Hand and Foot w/Residents (SU) [MP]</div><div>2:30 ➡ Ping Pong w/Neighbors (SU) [W]</div></div>	<div><div>Happy Bday Robert!</div><div>Open workout studio hours: 6am-11am, 12:30pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:00 ➡ Longer Around Town: Target and Whole Foods (SU) [F]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>9:45 ➡ Playing Bridge- Refresher w/Ray (SU) [MP]</div><div>10:00 ➡ Brunch Date w/Britt in PDR (SU) [R]</div><div>10:30 ➡ Destination Travel Talks [T]</div><div>11:00 ➡ *NEW* Cold Case Detective Mystery Game w/ Madison (SU) [MP]</div><div>11:00 ➡ Create w/Britt: May Birthday Cards for Residents (SU) [A]</div><div>11:00 🚫 Tai Chi Warm-Up (SU) [W]</div><div>11:30 ➡ National Picnic Day at San Buenaventura State Beach- Bring a to-go lunch from Savor! (SU) [F]</div></div>	<div><div>Empowered Living Healthy Lunch Meal at the Chef's Table starting at 12pm: Paleo Greek Chicken Bowls (9 Points)</div><div>Open workout studio hours: 6am-1:30pm, 3:15pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>Ventura Medical appts 9am-3pm (Last appt time) (SU)</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:30 ➡ Strolling w/Kristie Jo's Caregiving (SU) [F]</div><div>11:00 ➡ GoodNews of the World w/Madison (SU) [T]</div><div>11:00 ➡ Memes That Made My Week w/Madison (SU) [T]</div><div>12:00 🚫 Wellness Wednesday w/Britt: 5 Healthy Habits that come from the Greeks (Enjoy this with your EL Health Meal) [R]</div><div>12:30 ➡ Watch and Discuss Movie Matinee Experience: The Color Purple (2023) [T]</div><div>1:00 ➡ Rummikub + Scrabble w/Neighbors (SU) [MP]</div></div>	<div><div>Limited menu for Savor dinner. Reservations 5pm-7pm</div><div>MP Room is in use from 6pm-8:30pm</div><div>Open workout studio hours: 6am-9am, 2pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Bone Builders Fitness (9am-10:40am) [W]</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 ➡ Museum Club- Getty Villa Malibu (SU) [F]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>9:30 ➡ Strolling w/Kristie Jo's Caregiving (SU) [F]</div><div>10:00 ➡ Car washes w/ Hector (SU) \$\$ [F]</div><div>10:30 ➡ Brain Boosters w/Madison (SU) [MP]</div><div>11:00 ➡ Rise and STRETCH w/Britt [Patio]</div><div>11:00 🚫 Tai Chi Warm-Up w/Residents (SU) [W]</div><div>11:30 ➡ 3 Part Wellness Lecture Series w/Phil: Healthy Living for your Brain and Body [T]</div><div>1:00 ➡ Move your Body: Jazz Dance w/ Madison (SU) [W]</div><div>2:30 ➡ Social Experience feat. Scott MacDonald (+</div></div>	<div><div>Open workout studio hours: 6am-1:30pm, 4:30pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:00 ➡ Weekly Errands- Walmart (SU) [F]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:00 ➡ Ping Pong w/Neighbors (SU) [W]</div><div>10:30 ➡ True Crime Docu-Series: American Nightmare Part 2 (SU) [T]</div><div>11:00 ➡ Weekly Errands: Trader Joe's (SU) [F]</div><div>11:00 ➡ Women's Bible Study w/Arlene (SU) [MP]</div><div>12:00 ➡ Interactive Travel Doc Experience w/Britt: Bologna (Paired with a light bite) (SU) [T]</div><div>1:00 ➡ Monthly Kitchen Tour w/Savor (SU) [F]</div><div>1:00 ➡ Weekly Errands: Vons (SU) [F]</div><div>2:00 🚫 In Person Seated or Mat Yoga w/Heidi (SU) [W]</div><div>3:00 ➡ Bonus Shopping: Walmart (SU) [F]</div></div>	<div><div>Open workout studio hours: 6am-9pm</div><div>9:30 ➡ Power Walk w/Residents [F]</div><div>11:00 ➡ Sound Healing w/Rob (SU) [T]</div><div>1:00 ➡ Music Therapy w/Rob- Classic Music Edition (SU) [T]</div><div>1:00 ➡ Rummikub + Scrabble with Neighbors- Invite a friend! (SU)</div><div>2:00 ➡ Outdoor Games w/Neighbors: Bocce Ball + Corn Hole (Invite a friend to play) [Patio]</div><div>2:30 ➡ Lucky Strike: Wii Bowling w/Neighbors (SU) [MP]</div><div>3:00 ➡ Saturday Series: Virgin River (SU) [T]</div><div>7:00 ➡ In Case You Missed It: Yesterday (SU) [T]</div></div>
<div><div>Happy B-day Marsha N!</div><div>No Dinner hours offered; Savor closed from 3pm and on (2 dinner specials will be offered at brunch)</div><div>Open workout studio hours: 6am-10am, 11am-9pm</div><div>10:00 ➡ Savor's Sunday Brunch (10am-3pm) [R]</div><div>10:00 ➡ Sunday Stretch w/Madison (SU) [W]</div><div>12:30 ➡ New Movie Release Matinee: Memory (SU) [T]</div><div>2:00 ➡ Weekender Games w/Neighbors- Invite a friend! (2pm-4pm) (SU) [MP]</div><div>2:30 ➡ Afternoon Color Therapy w/ Madison (SU) [A]</div><div>3:00 ➡ Sunday Series: Curb Your Enthusiasm (SU) [T]</div><div>4:30 ➡ Game Night w/Madison (SU) [MP]</div><div>7:00 ➡ Sunday New Releases: Memory (SU) [T]</div></div>	<div><div>Open workout studio hours: 6am-9am, 12pm-1pm, 2pm-9pm</div><div>Oxnard Medical appts 9am-3pm (Last appt time) (SU)</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Bone Builders Fitness (9am-10:40am) [W]</div><div>9:30 ➡ Power Walk Club w/Britt (1+ mile) [F]</div><div>10:30 ➡ DIY Decorative Boxes w/Madison (SU) [A]</div><div>1:00 ➡ Beginning Qi Gong w/Carol (SU) [W]</div><div>1:00 ➡ Book Group for the Soul w/Susan and Britt (SU) [A]</div><div>1:00 ➡ FULL- Hand and Foot w/Residents (SU) [MP]</div><div>3:30 ➡ Ping Pong w/Neighbors (SU) [W]</div><div>3:30 ➡ Raffle BINGO w/Madison (SU-18) [T]</div><div>4:30 ➡ Movie Trailers Preview: Catch a Glimpse of What's to Come [T]</div><div>7:00 ➡ Comedy Movie Night: Soapdish (SU) [T]</div></div>	<div><div>Happy Bday Emma!</div><div>Open workout studio hours: 6am-11am, 12:30pm-9pm</div><div>Savor Happy Hour 3:30pm-6pm</div><div>9:00 ➡ Around Town: Target at The Collection (SU) [F]</div><div>9:00 ➡ Breathe: Meditate w/Britt (SU) [T]</div><div>9:30 🚫 Power Walk Club w/Britt (1+ mile) [F]</div><div>9:45 ➡ Playing Bridge- Refresher w/Ray (SU) [MP]</div><div>10:30 ➡ Art Lovers: Hammer Museum Outing (SU) [F]</div><div>10:30 ➡ Destination Travel Talks [T]</div><div>10:30 ➡ Referral Program 411 + Donuts w/April (SU)</div><div>11:00 ➡ *NEW* Cold Case Detective w/Madison (SU) [MP]</div><div>11:00 🚫 Tai Chi Warm-Up (SU) [W]</div><div>1:00 ➡ Bridge Club w/Residents (SU) [MP]</div><div>2:00 ➡ Brain Challenge: Jeopardy with Madison (SU) [T]</div><div>2:00 ➡ Creative Writing Circle w/Jill- Come to have</div></div>	<div><div>6</div></div>	<div><div>“April hath put a spirit of youth in everything.” — William Shakespeare</div></div>	<div><div></div></div>	

Resident Birthdays

Cloene M.

4/2

Swan O.

4/5

Edgar G.

4/6

Barbarba G.

4/7

Trevor M.

4/9

Gene K.

4/13

Marsha N.

4/28

Emma C.

4/30

