

calendar & activities
APR 2019

Wellspring Memory Care

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



APRIL FOOLS DAY 7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Discussion and Monthly review with Joan 2:15 Afternoon Social 2:45 POKENO 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	1	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 11:00 JIM McBRIDE ENTERTAINS 1:15 Relaxation 1:30 Hans Christian Anderson 2:15 Afternoon Social 2:45 Bingo 3:00 Flower Arranging 3:30 Word Games 6:00 Evening Activities	2	7:45 Gardening 9:30 Morning Stretch 10:15 Koffee Klatsch 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Creative Corner 2:15 Afternoon Social 2:45 Bowling 3:30 Trivia 6:00 Evening Activities	3	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 BOOKMARKS Maya Angelou 2:15 Afternoon Social 2:45 Fun & Games 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	4	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:00 Memories in the Making 1:15 Relaxation 2:15 Afternoon Social 2:45 Parachute Ball 3:30 Trivia 4:00 Sabbath Service 6:00 Evening Activities	5	9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 POPCORN & A MOVIE 4:00 Exercise 6:00 Evening Activities	6
7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Sing-a-long & Reminisce 2:15 Afternoon Social 2:45 Bingo 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	8	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Hymn Sing 2:15 Afternoon Social 2:45 Ring Toss 3:00 Flower Arranging 3:30 Word Games 6:00 Evening Activities	9	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:00 LUNCH AT THE BLUE GIBBON 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Creative Corner 2:15 Afternoon Social 2:45 Noodleball 3:30 Word Games 6:00 Evening Activities	10	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 BOOKMARKS Hans Christian Anderson 2:15 Afternoon Social 2:45 Fun & Games 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	11	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:00 Memories in the Making 1:15 Relaxation 2:15 Afternoon Social 3:30 Trivia 4:00 Sabbath Service 6:00 Evening Activities	12	9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 POPCORN & A MOVIE 4:00 Exercise 6:00 Evening Activities	13
7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Manicures & Really Bad Jokes! 2:15 Afternoon Social 2:30 POKENO 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	15	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Hymn Sing 2:15 Afternoon Social 3:00 Flower Arranging 3:30 Word Games 6:00 Evening Activities	16	7:45 Gardening 9:30 Morning Stretch 10:15 Koffee Klatsch 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Creative Corner 2:15 Afternoon Social 3:30 Word Games 6:00 Evening Activities	17	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 BOOKMARKS Passover 2:15 Afternoon Social 2:45 Fun & Games 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	18	PASSOVER GOOD FRIDAY 7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:00 Memories in the Making 1:15 Relaxation 2:15 Afternoon Social 3:30 Trivia 4:00 Sabbath Service 6:00 Evening Activities	19	9:30 Morning Stretch 10:00 EASTER EGG HUNT 11:15 Little Bit of Everything 1:15 Relaxation 1:30 POPCORN & A MOVIE 4:00 Exercise 6:00 Evening Activities	20
7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:00 LUNCH AT RON'S ROOST 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Good News Stories 2:15 Afternoon Social 2:45 Bingo 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	22	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Hymn Sing 2:15 Afternoon Social 3:00 Flower Arranging 3:30 Word Games 6:00 Evening Activities	23	7:45 Gardening 9:30 Morning Stretch 10:15 Koffee Klatsch 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Creative Corner 2:15 Afternoon Social 3:30 Word Games 6:00 Evening Activities	24	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 BOOKMARKS 2:15 Afternoon Social 2:45 Fun & Games 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	25	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:00 Memories in the Making 1:15 Relaxation 2:15 Afternoon Social 3:30 Trivia 4:00 Sabbath Service 6:00 Evening Activities	26	9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 POPCORN & A MOVIE 4:00 Exercise 6:00 Evening Activities	27
7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 A Few of My Favorite Things! 2:15 Afternoon Social 2:30 POKENO 3:30 Essence with Joan 3:30 Word Games 6:00 Evening Activities	29	7:45 Gardening 9:30 Morning Stretch 10:00 Juice Break & Discussion 10:45 News & Views 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Hymn Sing 2:15 Afternoon Social 3:00 Flower Arranging 3:30 Word Games 6:00 Evening Activities	30	National Fresh Tomato Month			EASTER EGG HUNT				
				National Kite Month			10:00 am				
				National Humor Month			APRIL 20th				
				National Garden Month			Everyone Welcome				