# April 2024 Terrace and Commons Activity Calendar

Joyce H.—1st

Joyce K.—11th

Nadine G.—18th

Laurel S.—23rd

Jim H.—28th

Shirley S.—6th

Virginia F.—12th

Norman K.—18th

Al C.—23rd

Mike W.—9th

Helen J.—15th

Bonnie R.—19th

Jane L.—26th

Pat L.—11th

Curtis Q.—16th

Judy M.—20th

Gail M.—27th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
presbyterian homes & services  Mill-Pond  All activities are subject to change.  To keep up to date with activities turn to channel 982/126.1 or call 965-2100.	9:00 Sit 'N' Fit—WC 10:00 Catholic Mass—C 10:00 Prayer Walk—IDR 12:30 Movie: "27 Dresses"-T 1:00 Bridge—T1F3 1:00 IL Manicures—CLR 2:30 Strength + Balance—WC 3:00 Fitness Orientation—WC 3:00 Wii Golf—WC 3:00 Dominos—IDR 3:15 Bible Study—C 6:30 Jan & Jean—A	9:15 Chair Class—AL3A 10:00 Prayer Group—C 1:00 500 Club—CLR *1:00 Walmart—O 2:00 Wii Bowling—WC 3:30 Parkinson's Group Meeting & Exercise—WC 6:45 Holy Communion—C	3 8:00 Men's Breakfast—CLR 9:00 Sit 'N' Fit—WC 10:00 Campus Update—C 1:15 Bingo Store—ALDR 1:30 Bingo—ALDR 2:30 Strength + Balance-WC 3:00 Dominos—IDR 3:30 Music w/ Ardis—C 6:00 Skip-Bo—T1F3	4 9:15 Chair Class—AL3A 10:00 Hymn Sing with Janet—C 1:00 Bridge—T1F3 2:00 Line Dancing Class—A 3:00 Phase 10—CLR 3:30 Devotions—C 4:30 Busy Hands Social—A 6:00 Movie: "Wuthering Heights"—T	5 9:00 Sit 'N' Fit—WC 9:15 Morning Mingle—AL3A 1:00 AL Manicures —AL3A *1:00 Fareway—O 1:30 Kenzie's Mexico Story—A 2:30 Strength + Balance—WC 3:15 Bible Study w/ Max—C 3:15 Documentary: "In Search of Easter"—T 6:00 Jokers—T1F3	6 10:15 Pet Visit w/ Shooter—C 12:30 Movie: "Pride & Prejudice"—T 12:30 Popcorn—CLR 4:00 BYOB Happy Hour—CLR
7 9:00 Morning Mingle—CLR 2:00 Church {Baer}—C 3:00 Sunday Sips: "Party Punch"—CLR 6:00 Skip-Bo—T1F3	9:00 Sit 'N' Fit—WC 10:00 Prayer Walk—IDR 12:30 Movie:     "Romancing the Stone"—T 1:00 Bridge—T1F3 2:30 Strength + Balance—WC 3:00 Wii Golf—WC 3:00 Dominos—IDR 3:15 Bible Study—C 6:30 Jan & Jean—A	9:15 Chair Class—AL3A 10:00 Prayer Group—C 10:00 Nurse's Social—ALCR 1:00 500 Club—CLR *1:00 Walmart—O 2:00 Titanic Historical Presentation—C 2:00 Wii Bowling—WC 6:45 Church—C	9:00 Sit 'N' Fit—WC 1:30 Bingo—ALDR 2:30 Strength + BalanceWC 3:00 Dominos—IDR 3:30 Book Club—ALCR 5 to 6:30PM Spring Fling!—ALDR 6:00 Skip-Bo—T1F3	11 National Parkinson's Day Wear Blue! 9:15 Chair Class—AL3A 10:00 Hymn Sing with Janet—C *10:30 Café Club—O 1:00 Bridge—T1F3 3:00 Phase 10—CLR 3:30 Devotions—C 6:00 Movie: "A Walk to Remember"—T	9:00 Sit 'N' Fit—WC 9:15 Morning Mingle—AL3A 1:00 AL Manicures —AL3A *1:00 Fareway—O 1:30 Dr. Jennifer's Presentation—A 2:30 Strength + Balance—WC 3:15 Bible Study w/ Max—C 3:15 Documentary: "Route 60: The Biblical Highway"—T 6:00 Jokers—T1F3	13 12:30 Movie: "Yesterday"—T 12:30 Popcorn—CLR 4:00 BYOB Happy Hour—CLR

Internal TV Channel is 984.

#### **Room Key:**

\*Events with asterisk require sign up at the front desk.\*

A—Auditorium AL3A— Assisted Living 3rd Floor Activity Room ALCR— AL Conference Room ALDR— AL Dining Room B— Billiards Room C—Chapel **CLR**—Club Room **IDR**—Independent Dining Room **O**—Outing **S**—Salon **T**—Theater **T1F3**— Terrace One Floor Three Lounge **WC**—Wellness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 9:00 Morning Mingle—CLR 2:00 Church {Bradley}—C 3:00 Sunday Sips: "Rainbow Sherbert Punch"—CLR 6:00 Skip-Bo—T1F3	15 9:00 Sit 'N' Fit—WC 10:00 Catholic Mass—C 10:00 Prayer Walk—IDR 12:30 Movie:     "Andre Rieu: The Magic Maastricht"—T 1:00 Bridge—T1F3 2:30 Strength +     Balance—WC 3:00 Wii Golf—WC 3:00 Dominos—IDR 3:15 Bible Study—C 6:30 Jan & Jean—A	16 National PJ Day 9:15 Chair Class—AL3A 10:00 Prayer Group—C 1:00 500 Club—CLR *1:00 Walmart—O 1:00 Barefoot Becky Performs—C 2:00 Wii Bowling—WC 6:45 Church—C	17 9:00 Sit 'N' Fit—WC 1:30 Bingo—ALDR 2:30 Strength + BalanceWC 3:00 Dominos—IDR 3:30 Music w/Ardis—C 6:00 Skip-Bo—T1F3	9:15 Chair Class—AL3A *9:30 Day Trip to Pella!—O 10:00 Hymn Sing with Janet—C 1:00 Bridge—T1F3 3:00 Phase 10—CLR 3:30 Devotions—C 6:00 Movie: "Desperado"—T 6:30 Walnut Street Players-C	9:00 Sit 'N' Fit—WC 9:15 Morning     Mingle—AL3A 1:00 AL Manicures —AL3A *1:00 Fareway—O 1:30 Card Game     Extravaganza!—A 2:30 Strength +     Balance—WC 3:15 Bible Study w/ Max—C 3:15 Documentary:     "Call Me Kate"—T 6:00 Jokers—T1F3	12:30 Movie:  "Secretariat"—T  12:30 Popcorn—CLR  4:00 BYOB Happy  Hour—CLR
9:00 Morning Mingle—CLR 2:00 Church {Ankeny Baptist}—C 3:00 Sunday Sips: "Sparkling Spring Punch"—CLR 6:00 Skip-Bo—T1F3	9:00 Sit 'N' Fit—WC 10:00 Prayer Walk—IDR 12:30 Movie:  "The African Queen"—T 1:00 Bridge—T1F3 1:00 Reminiscing Apron Stories—A 2:30 Strength + Balance—WC 3:00 Wii Golf—WC 3:00 Dominos—IDR 3:15 Bible Study—C 6:30 Jan & Jean—A	9:15 Chair Class—AL3A 10:00 Prayer Group—C 10:00 Teacher's Social—ALCR 1:00 500 Club—CLR 2:00 Wii Bowling—WC 6:45 Church—C  *Walmart outing moved to Thursday this week*	9:00 Sit 'N' Fit—WC 1:30 Bingo—ALDR 2:30 Strength + BalanceWC 3:00 Dominos—IDR 3:30 Holy Trinity—C 6:00 Skip-Bo—T1F3	25 9:15 Chair Class—AL3A 10:00 Hymn Sing with Janet—C 1:00 Bridge—T1F3 *1:00 Walmart—O 2:00 How to Declutter your Space Pres.—A 3:00 Phase 10—CLR 3:30 Devotions—C 6:00 Movie: "If I Stay"—T	9:00 Sit 'N' Fit—WC 9:15 Morning Mingle—AL3A 1:00 AL Manicures —AL3A *1:00 Fareway—O 1:30 April Birthday Party w/ Oncore Gospel—ALDR 2:30 Rummy—IDR 2:30 Strength + Balance—WC 3:15 Bible Study w/ Max—C 3:15 Documentary: "My Octopus Teacher"—T 6:00 Jokers—T1F3	12:30 Movie: "The Martian"—T 12:30 Popcorn—CLR *No BYOB Today*
9:00 Morning Mingle—CLR 2:00 Church {Newton}—C 3:00 Sunday Sips: "Cherry Limeade Punch"—CLR 6:00 Skip-Bo—T1F3	9:00 Sit 'N' Fit—WC 10:00 Prayer Walk—IDR 12:30 Movie:     "Grace Quigley"—T 1:00 Bridge—T1F3 1:00 IL Manicures—CLR 2:30 Strength +     Balance—WC 3:00 Wii Golf—WC 3:00 Dominos—IDR 3:15 Bible Study—C 6:30 Jan & Jean—A	9:15 Chair Class—AL3A 10:00 Prayer Group—C *10:00 Shopping Shuttle—O 1:00 500 Club—CLR *1:00 Walmart—O 2:00 Wii Bowling—WC 3:00 Tom Hofer Performs—C 6:45 Church—C				

Internal TV Channel is 984.

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homes & services

**Room Key: A**—Auditorium **AL3A**— Assisted Living 3rd Floor Activity Room **ALCR**— AL Conference Room **ALDR**— AL Dining Room **B**— Billiards Room **C**—Chapel **WC**—Wellness Center

**CLR**—Club Room **IDR**—Independent Dining Room **O**—Outing **S**—Salon **T**—Theater **T1F3**— Terrace One Floor Three Lounge

All activities are subject to change.

To keep up to date with activities turn to channel 982 or 125.1 or call 965-2100.

#### MONTHLY HIGHLIGHTS CONTINUED...

Here are all the special events happening this month!

#### LINE DANCING CLASS

Thursday, April 4th, at 2 PM, Auditorium

If you love to dance this activity is perfect for you! Join dance instructor, Tallis from the Des Moines Ballroom in this fun experience of Line Dancing! The best part is this class can be done seated in a chair or standing! If you don't want to dance, just come and watch, this activity is sure to be a blast for all!



#### SPRING FLING!

Wednesday, April 10th, 5-6:30pm AL Dining Room

Grab your dancing shoes and hit the dance floor! Spring is in the air and we are ready to party! Join us in the AL dining room the evening of April 10th for musical entertainment by David Watson! This event is free to attend and hearty appetizers, like chef Li's famous egg rolls and other refreshments will be provided.

#### CARD GAME EXTRAVAGANZA! Friday, April 19th, at 1:30PM Auditorium

Calling all the card players whether you play 500, phase 10, rummy, skip-bo or down to try a new card game!



#### REMINISCING APRON STORIES

Monday, April 22nd, at 1PM Auditorium

Grab your favorite apron and come join us in the Auditorium! During this social gathering we will reminisce different styles of aprons through the decades. Treats and refreshments will be provided.





Monday/
Wednesday/Friday
9:00 Sit N Fit
2:30 Strength and
Balance

#### APRIL IMPORTANT FITNESS NEWS

\*Reminder\*

Before using any equipment, you must do a fitness orientation!

Fitness Orientation will be Monday, April 1st at 3:00pm.

Fitness Testing Day: April 11th at 10:30AM

## **April 2024**

## **Terrace & Commons Activity Highlights**

#### **SHOPPING**



Tuesdays at 1:00 pm

NO Walmart Trip on 4/23

It will be on 4/25 Instead



Fridays at 1:00 pm

Be sure to sign up for

ALL bus trips BEFORE

the day of the trip!

Spots are limited.





The most updated version of the activity schedule is posted on the Mill Pond TV channel and on the Mill Pond Announcement Line. Turn to channel 982 or 126.1 on your TV to view it, or call 965-2100 and keep up to date with all the activities.

#### APRIL OUTINGS

Café Club: Ruby Tuesday
Thursday, April 11th, Bus Departs at 10:30AM
Taking the bus to Urbandale for a lunch trip
to Ruby Tuesday! Various delicious entrees,
however they are best known for their
amazing salad bar!

Pella Day Trip
Thursday, April 18th, Bus Departs at 9:30AM
Take a trip to see the tulips, hopefully in bloom! First stop lunch at Butcher's
Brewhouse. Then a tour at Pella's Historical
Museum and a chance to do some shopping at the boutiques or Jaarsma Bakery! Please note this is a full day trip and may include a lot of walking. We will be back at MP around 4PM.

\*\*Please note due to popularity of Outings this month Residents may have to pick either the Café Club or the Pella Trip\*\*

Shopping Shuttle
Tuesday, April 30th, Bus Departs at 9:45AM
Heading back to Delaware to go shopping at
Target, Kohls, and Micheals!
Sign up in the Activity book for all outings!

#### CAMPUS UPDATE

#### Wednesday, April 3rd, at 10AM, Chapel

Join Interim Campus Administrator, Nick as he share any updates about Mill Pond. This program will be on the TV, however to get the best quality of the event we greatly encourage residents to attend in person!

#### ENTERTAINMENT HIGHLIGHTS

Come out to the *chapel* to catch some great LIVE entertainment.

APRIL 3RD (WED.) & APRIL 17TH (WED.) 3:30PM	MUSIC W/ ARDIS Ardis has been a volunteer at Mill Pond for many years playing the piano and hosting 2X a month afternoon Singalongs! If you haven't gone be sure to check it out in April!	
APRIL 16TH (TUE.) 1 PM	BAREFOOT BECKY Barefoot Becky has been a leader in polka since 1988. Performing 15 to 20 gigs a month, Becky gave up her full-time job to concentrate on her passion of music! You can expect Becky and her husband Terry to give your a performance you will never forget!	
APRIL 18TH (THUR.) 6:30PM	WALNUT STREET PLAYERS They are a volunteer band that plays at Mill Pond once a month to provide residents with some evening entertainment!	
APRIL 30TH (TUE.) 3PM	TOM HOFER Tom plays and sings a mix of your favorite genres on the piano. He is one of Mill Pond's favorite performers!	
EVERY MONDAY 6:30PM		



#### Friday, April 26th, at 1:30PM AL Dining Room

Come celebrate the many April Birthdays! Treats, refreshments and new entertainment from Oncore Gospel Group!

#### CLUBS/GROUPS

APRIL 2ND (TUES.) 3:30PM	<u>PARKINSON'S GROUP</u> back by popular demand! Join Therapist Sandy in the Wellness Center for information meeting & exercise program afterwards.
APRIL 4TH (THUR.) 4:30PM	BUSY HANDS SOCIAL is now making comfort blankets for families and residents at Mill Pond. All are welcome, talk to Bobbi Y. with questions. (Auditorium)
APRIL 9TH (TUE.) 10AM	NURSE'S SOCIAL A monthly social where nurses can get together, share stories and fellowship. (Location: AL Conference Room)
APRIL 10TH (WED.) 3:30PM	BOOK CLUB This month's book club discussion will be over the book, Isaac's Storm. Anyone is welcome to join, and copies of the book are available in the Life Enrichment office. (Location: AL Conference Room)
APRIL 23RD (TUE.) 10AM	TEACHER'S SOCIAL A monthly social where teachers can get together to fellowship. (Location: AL Conference Room)
EVERY TUESDAY 10AM	PRAYER GROUP Join us in the chapel for prayer and fellowship. All are welcome to join, contact Phyllis S. with any questions. (Location: Chapel)

#### GAMES

BRIDGE	The Bridge group plays every Monday and Thursday at 1:00 pm on the third floor of Terrace One. Call <i>Herschel W</i> . if you have questions!	
500 CLUB	Play 500 Tuesday afternoons at 1:00pm in the clubroom. If you have any interest, please join! Call Lois P. with questions.	
MEXICAN TRAIN DOMINOS	Play every Monday and Wednesday at 3:00 pm in the IL Dining Room.	
PHASE 10	This card game is similar to rummy. Join in on the fun every Thursday at 3:00 pm in the Club Room.	
SKIP-BO	This card game is the ultimate sequencing card game. Play a game every Sunday and Wednesday night at 6:00 pm on third floor of terrace one.	
JOKERS	Card & marble game, join in on the fun played on Friday nights at 6pm on 3rd floor of Terrace 1.	
RUMMY	This card game is when players try to collect cards of the same value or cards in a sequence in the same unit. Played in the IL Dining Room after the monthly birthday party.	

#### NEW ACTIVITY ALERT!

Prayer Walks, Mondays at 10AM
Gather in the IL dining room
Join MacKenzie and Pastor Vince
with a prayer walk around the pond.
Incorporating time of prayer and
physical exercise outside. This
program will start in April and
continue throughout the summer.

#### NEW ACTIVITY ALERT!

Bible Study w/ Max
Fridays, 3:15PM, Chapel
Join fellow resident Max G. as he
leads Bible Study discussing the topic
of "How to get a Ticket into
Heaven?"

#### MONTHLY PRESENTATIONS

Here are all the educational presentations happening in the Auditorium.

APRIL 5TH (FRI.) 1:30PM	KENZIE'S MEXICO TRIP Join Life Enrichment Director, MacKenzie as she shares her stories and pictures of her recent trip!
APRIL 9TH (TUE.) 2PM	TITANIC HISTORICAL TALK Join fellow historians Bob and Joyce as they take you back in time to present their titanic historical presentation.
APRIL 12TH (FRI.) 1:30PM	DR. JENNIFER'S PRESENTATION Dr. Jennifer Knobbe is a chiropractor here in Ankeny. Join her as she presents about health and wellness for seniors in a fun and interactive approach with bingo!
APRIL 25TH (THUR.) 2PM	HOW TO DECLUTTER YOUR SPACE Just in time for spring cleaning! Come to learn the best practices of decluttering or downsizing your home.

More Events and Programs Continued on the Next Page!

## NOW SHOWING!!

## The Mill Pond Movie Theater April 2024 Movies

#### Monday, April 1st, 12:30 PM " 27 Dresses"

After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's

1 Hour & 51 Min., 2008, PG-13, Comedy

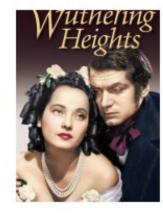
secretly in love with.



#### Thursday, April 4th, 6:00 PM "Wuthering Heights"

A servant in the house of Wuthering Heights tells a traveler the unfortunate tale of lovers Cathy and Heathcliff.

1 Hour & 44 Min., 1939, NR, Drama \*Resident Pick\*

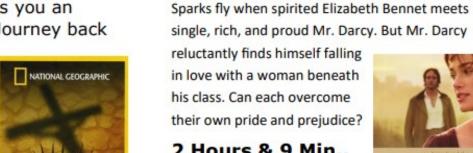


#### Friday, April 5th, 3:15 PM "In Search of Easter"

National Geographic brings you an inquisitive documentary. Journey back

to ancient Jerusalem to investigate the mystery of Easter.

1 Hour, 2004, NR, **Documentary** 



2 Hours & 9 Min., 2005, PG, Drama \*Resident Pick\*



#### Monday, April 8th, 12:30 PM "Romancing The Stone"

A mousy romance novelist sets off for Colombia to

ransom her kidnapped sister, and soon finds herself in the middle of a dangerous adventure hunting for treasure with a mercenary rogue.

1 Hour & 46 Min., 1984, PG, Action

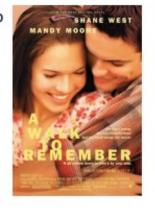


#### Thursday, April 11th, 6:00 PM "A Walk to Remember"

Two North Carolina teens, Landon Carter and Jamie Sullivan, are thrown

together after Landon gets into trouble and is sentenced to perform community service.

1 Hour & 41 Min., 2002, PG, Romance



### Friday, April 12th, 3:15 PM "Route 60: The Biblical Highway"

Carving through the heart of the Promised Land is

the Biblical spine of Israel, sometimes referred to as the "Path of the Patriarchs" and officially designated as "Route 60."

1 Hour & 40 Min., 2023, NR, Documentary

\*Resident Pick\*



"Yesterday" A struggling musician realizes he's the only person

Saturday, April 6th, 12:30 PM

"Pride and Prejudice"

on Earth who can remember The Beatles after waking up in an alternate reality where they never existed.

1 Hour & 56 Min., 2019, PG-13, Comedy

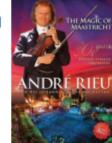


#### Monday, April 15th, 12:30 PM "Andre Rieu: The Magic of Maastricht"

Highlights of the show include: Handel's Hallelujah, Hava Nagilah, Think of Me from The Phantom of the

Opera, Ballade pour Adeline, O Sole Mio, La Traviata, Highland Cathedral and waltzes by Johann Strauss.

Approx. 2 Hours, 2017, NR, **Orchestra Special** 



#### Thursday, April 18th, 6:00 PM "Desperado"

Former musician and gunslinger El Mariachi arrives at a small Mexican border town after being

Thursday, April 25th, 6:00 PM

"If I Stav"

Life changes in an instant for young Mia Hall after

away for a long time. His past quickly catches up with him and he soon gets entangled with the local drug kingpin Bucho and his

1 Hour & 44 Min,, 1995, R, Action

-body experience, she must

live a life far different than she



## NR, Documentary

#### Friday, April 19th, 3:15 PM "Call Me Kate"

A feature documentary which captures Katharine Hepburn's spirit and determination, exploring her

story using her own words, through a combination of hours of previously hidden and intimate audio tapes, video and photographic archive.

1 Hour & 26 Min., 2023,



#### Saturday, April 20th, 12:30 PM "Secretariat"

Penny Chenery Tweedy and colleagues guide her long-shot but precocious stallion to set, in

1973, the unbeaten record for winning the Triple Crown.

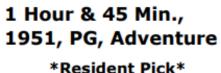
2 Hours & 3 Min., **2010**, **PG**, Family



#### Monday, April 22nd, 12:30 PM "The African Oueen"

In WWI East Africa, a gin-swilling Canadian riverboat captain is persuaded by a strait-laced

English missionary to undertake a trip up a treacherous river and use his boat to attack a German gunship.





#### if she can go on. 1 Hour & 47 Min., 2014, PG-13, Drama

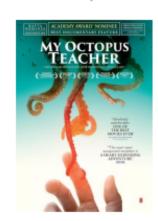


### Friday, April 26th, 3:15 PM "My Octopus Teacher"

A filmmaker forges an unusual friendship with

an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.

1 Hour & 25 Min., 2020, TV-G, Documentary



## Saturday, April 27th, 12:30PM "The Martian"

An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his

ingenuity to find a way to signal to Earth that he is alive and can survive until a potential rescue.

2 Hours & 24 Min., 2015, PG-13, Sci-Fi



#### Monday, April 29th, 12:30 PM "Grace Ouigley"

Grace Quigley, living alone in her New York apartment, is nearing the end of her life. One day she witnesses a murder being committed by top hitman Seymour Flint. She decides to blackmail him into killing her.

However, she has one or two friends she wants him to get rid of first.

1 Hour & 27 Min., 1984, PG, Comedy

\*Resident Pick\*



## The Mill Pond Movie Theater April 2024 Movies





Mill-Pond

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