



# April Independent Living Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please sign up for programs indicated with an * in the binder at the Reception Desk.</b></p>	<p><b>1</b> 10:30 Exercise Video-Ch 993 <b>11:00-2:00 Shop Taylor Marie Clothing-PAC</b> 12:30 Manipulation-Card Room 1:00 Movie Matinee:     <i>"Four Daughters"</i>-Theater 3:00 Coloring Activity-CR 6:45 Game Night (15)-CR</p>	<p><b>2</b> <b>9:00-1:00 Driver Refresher Course-Theater</b> 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 3:00 Bingo-CR <b>4:00 Standing Exercise Class-WS</b> 6:00 Game Night (Manipulation)-CR</p>	<p><b>3</b> <b>10:00 Catholic Eucharist with St. Edward's-PAC</b> 10:30 Exercise Video-Ch 993 <b>11:00 Hymn Sing-PAC</b> *1:00 Party Bridge-CR 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p><b>4</b> 10:30 Exercise Video-Ch 993 <b>11:30 Twins Home Opener Hot Dog Lunch (\$5.00)-Bistro</b> *12:30 500 Card Game-CR <b>12:30 OLLI: Dynamic Design in Everyday Objects-Theater</b> 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR <b>3:10 Twins Home Opener Game-Theater</b></p>	<p><b>5 Bus Day</b> 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video:     Yoga with Hannah-Ch 993 <b>*11:00-2:00 Outing: Lunch at Famous Dave's</b> <b>11:00 Grief Support: "Telling Our Story"-CR</b> 11:30 Sit &amp; Be Fit Exercise-WS 12:05 Bar Balance-WS <b>2:00 Ice Cream Treat Social &amp; Piano Music with John-B</b> <b>*2:30-4:30 Outing: Shopping at WalMart</b> 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p><b>6</b> 10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p><b>7</b> 10:30 Strength Exercise Video-Ch 993 <b>11:00 Worship Service-PAC &amp; Channel 991</b> 1:00 Movie Matinee:     <i>"Sister Act"</i>-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p><b>8</b> 10:30 Exercise Video-Ch 993 12:30 Manipulation-Card Room 1:00 Movie Matinee:     <i>"Four Wives"</i>-Theater 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Bar Balance-WS <b>2:00 Honoring Choices Info Meeting-CR</b> 3:00 Coloring Activity-CR <b>3:00 "The Home Front" with FDR-PAC</b> <b>*5:00 Asian Theme Dinner-Dining Room</b></p>	<p><b>9</b> 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR <b>1:00-2:30 The RidgeTones Choir Practice-PAC</b> 1:00 Movie Matinee:     <i>"Rogue Agent"</i>-Theater 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p><b>10 Bus Day</b> <b>*10:00-3:00 Outing: Spring Flower Show at Como Conservatory &amp; Lunch at El Aguila</b> 10:30 Exercise Video-Ch 993 *1:00 Party Bridge-CR 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC <b>3:00 Book Club #1 Meets-CR</b> 6:30 Game Night (Farkle)-CR</p>	<p><b>11</b> <b>10:00 St. Edward's Catholic Mass-PAC</b> 10:30 Exercise Video-Ch 993 *12:30 500 Card Game-CR <b>12:30 OLLI: Awesome Apples: Honeycrisps to Kudos-Theater</b> <b>1:00 Yelloh (Schwan's) Visit-Lobby</b> 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR <b>3:00 Book Club #2 Meets-Card Room</b></p>	<p><b>12</b> 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video:     Yoga with Hannah-Ch 993 11:30 Sit &amp; Be Fit Exercise-WS 12:05 Bar Balance-WS <b>2:00 Ice Cream Treat Social &amp; Piano Music with John-B</b> 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p><b>13</b> 10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p><b>14</b> 10:30 Strength Exercise Video-Ch 993 <b>11:00 Worship Service-PAC &amp; Channel 991</b> 1:00 Movie Matinee:     <i>"Sister Act 2"</i>-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p><b>15</b> 10:30 Exercise Video-Ch 993 12:30 Manipulation-Card Room 1:00 Movie Matinee:     <i>"Breakfast at Tiffany's"</i>-Theater 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Bar Balance-WS 3:00 Coloring Activity-CR <b>3:00 April Jeopardy Trivia-PAC</b> 6:45 Game Night (15)-CR</p>	<p><b>16</b> 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 1:00 Movie Matinee:     <i>"The Hill"</i>-Theater 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p><b>17 Bus Day</b> <b>10:00 Catholic Eucharist with St. Edward's-PAC</b> <b>*10:00-12:30 Outing: Shopping at Lunds &amp; Byerly's</b> 10:30 Exercise Video-Ch 993 <b>11:00 Hymn Sing-PAC</b> <b>*1:00-4:00 Outing: Trip to Birchbark Books</b> *1:00 Party Bridge-CR 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p><b>18</b> 10:30 Exercise Video-Ch 993 *12:30 500 Card Game-CR <b>12:30 OLLI: Diabetes, Obesity, and the Next-Generation Drugs Shaping Our Future-Theater</b> 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS <b>2:00 Founders Ridge Putting Masters-PAC</b> 3:00 Bingo-CR</p>	<p><b>19</b> 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video:     Yoga with Hannah-Ch 993 <b>11:00 Grief Support: "Grief and the Mind"-CR</b> <b>11:30 Piano Music with John-Fireside Room</b> 11:30 Sit &amp; Be Fit Exercise-WS 12:05 Bar Balance-WS <b>2:30 Piano &amp; Vocals with Tara B-PAC</b> 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p><b>20</b> 10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p><b>21</b> 10:30 Strength Exercise Video-Ch 993 <b>11:00 Worship Service-PAC &amp; Channel 991</b> 1:00 Movie Matinee:     <i>"Golden Door"</i>-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p><b>22 Earth Day</b> 10:30 Exercise Video-Ch 993 10:30 Women's Meeting-CR 12:30 Manipulation-Card Room 1:00 Movie Matinee:     <i>"Field of Dreams"</i>-Theater 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Bar Balance-WS 3:00 Coloring Activity-CR 6:45 Game Night (15)-CR</p>	<p><b>23</b> <b>10:00 Terrace Conversation-PAC &amp; Channel 991</b> <b>10:30 Food Council-PAC &amp; Ch 991</b> 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR <b>1:00-2:30 The RidgeTones Choir Practice-PAC</b> 1:00 Movie Matinee:     <i>"The Miracle Club"</i>-Theater <b>2:00 Brownstones Conversation-Brownstones East (#3) CR</b> <b>2:45 Brownstones Conversation-Brownstones West (#4) CR</b> 3:00 Bingo-CR 6:00 Game Night-(Manipulation)-CR</p>	<p><b>24 Bus Day</b> <b>10:00 Catholic Eucharist with St. Edward's-PAC</b> <b>*10:00-12:30 Outing: Shopping at HyVee</b> 10:30 Exercise Video-Ch 993 *1:00 Party Bridge-CR 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p><b>25</b> 10:30 Exercise Video-Ch 993 *12:30 500 Card Game-CR <b>12:30 OLLI: The Post-Pandemic City: Space, Structures, and Design in a Post-Pandemic World-Theater</b> <b>1:00 Yelloh (Schwan's) Visit-Lobby</b> 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR <b>6:30 Hyland Rangers Handbell Choir Performance-PAC</b></p>	<p><b>26 Arbor Day</b> <b>8:00-10:00 Pancake Breakfast-Main Dining Room</b> 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video:     Yoga with Hannah-Ch 993 11:30 Sit &amp; Be Fit Exercise-WS 12:05 Bar Balance-WS <b>2:00 Ice Cream Treat Social &amp; Piano Music with John-B</b> 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p><b>27</b> 10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p><b>28</b> 10:30 Strength Exercise Video-Ch 993 <b>11:00 Worship Service-PAC &amp; Channel 991</b> 1:00 Movie Matinee:     <i>"The Giver"</i>-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p><b>29</b> 10:30 Exercise Video-Ch 993 12:30 Manipulation-Card Room 1:00 Movie Matinee:     <i>"The Other Side of the Mountain"</i>-Theater 1:00 Sit &amp; Be Fit Exercise-WS 1:40 Bar Balance-WS 3:00 Coloring Activity-CR <b>7:00 Northern Winds Concert Band-PAC</b></p>	<p><b>30</b> 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 1:00 Movie Matinee:     <i>"Shirley"</i>-Theater 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p><b>Location Index:</b> Activity Room (Act) - 3rd floor on the Commons Bistro (B) - 1st floor Card Room - 1st Floor Chapel (Cha) - 1st floor Club Room (CR) - 1st floor Movie Theater - 2nd floor Performing Arts Center (PAC) - 1st floor Wellness Center (WC) - 2nd floor Wellness Studio (WS) - 1st Floor</p>			<p>Scheduled times/locations of activities may be subject to change and therefore necessary to revise. Please check the <a href="#">Daily Schedule</a> and the <a href="#">Weekly Program Highlights</a> for any updates or revisions. <b>Turn your T.V. to channel 992 for updates and changes to the daily schedule.</b></p>