

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday



April 2024



Independent Living & Assisted Living Activity Calendar



	<p>1 April Fool's Day</p> <p>8:30 Cardio Class (ITV) 9:15 Floor Yoga (RC) 9:30 Jordan Creek Shuttle 10:00 Water Aerobics (RC) 1:00 Medical Shuttle (Sign Up) 1:00 Ball Class (RC) 1:00 Party Bridge (G) 1:30 Documentary: "America's Darling: The Story of Jay N. Darling" (T)</p>	<p>2</p> <p>9:00 Devotions (ITV) 10:00 Rosary (C) 10:00 Water Aerobics (RC) 11:00 Strength & Balance I (RC) 1:00 Strength & Balance II (RC) 2:00 Life Discussions (WC) 3:00 Wii Bowling (T) 6:00 Bedtime Stories with Donna Jo (Library)</p>	<p>3</p> <p>8:30 Cardio Class (ITV) 9:00 Out to Eat: The Breakfast Club (Sign Up) 9:15 Chair Yoga & Tai Chi (RC) 10:00 Water Aerobics (RC) 1:00 Ball Class (RC) 1:00 Cribbage (G) 3:00 Bible Study (C) 4:00 Spring Sips: Grape Lemonade (B) 6:00 Rummikub (G)</p>	<p>4</p> <p>10:00 Water Aerobics (RC) 10:00 Pitch Card Group (G) 10:30 Wii Bowling (T) 11:00 Strength & Balance I (RC) 12:30-2:00 Lifelong Learning Lectures: Dynamic Design in Everyday Objects (T) 1:00 Strength & Balance II (RC) 2:00 Bingo (B) 4:00 Mexican Train Dominos (HN)</p>	<p>5</p> <p>9:00 Sewing & Crafting (C) 9:15 Chair Yoga & Tai Chi (RC) 11:45 Catholic Mass (CH) 1:30 Broadway Showtunes with David Ambrosion (HN)</p>	<p>6</p> <p>9:00 Cocoa & Conversation: Tell about April's fools day pranks or other tricks and teasers (WC) 11:15 Trivia (WC) 1:00 Movie: "Oppenheimer" (T) 2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p>7</p> <p>11:00 Catholic Readings & Communion (CH) 2:00 Church Service (CH) 2:45 After Church Fellowship (B) NCAA Basketball Women's Championship Game </p>	<p>8</p> <p>9:15 Floor Yoga (RC) 9:30 Valley West Shuttle 10:00 Water Aerobics (RC) 11:00 Grief Group (C) 1:00 Medical Shuttle (Sign Up) 1:00 Ball Class (RC) 1:00 Party Bridge (G) 1:30 Documentary: "Oppenheimer: The Real Story" (T) 5:00 March Madness Bracket Pizza Party (WC) NCAA Men's Basketball Championship Game (WC)</p>	<p>9</p> <p>9:00 Devotions (ITV) 10:00 Rosary (C) 10:00 Water Aerobics (RC) 11:00 Strength & Balance I (RC) 1:00 Strength & Balance II (RC) 1:30 Resident Birthday Party (B) 2:00 Life Discussions (WC) 3:00 Wii Bowling (T) 6:00 Bedtime Stories with Donna Jo (Library)</p>	<p>10</p> <p>8:30 Cardio Class (ITV) 9:15 Chair Yoga & Tai Chi (RC) 10:00 Water Aerobics (RC) 1:00 Ball Class (RC) 1:00 Cribbage (G) 3:00 Bible Study (C) 4:00 Spring Sips: Berry Bubbler (B) 6:00 Rummikub (G)</p>	<p>11</p> <p>10:00 Water Aerobics (RC) 10:00 Pitch Card Group (G) 10:30 Wii Bowling (T) 11:00 Strength & Balance I (RC) 12:30-2:00 Lifelong Learning Lectures: Awesome Apples (T) 1:00 Strength & Balance II (RC) 2:00 Bingo (B) 4:00 Mexican Train Dominos (HN)</p>	<p>12</p> <p>9:00 Sewing & Crafting (C) 9:15 Chair Yoga & Tai Chi (RC) 1:00 Garden Plot Meeting (HN) 2:00 Movie: "Whitney Houston: I Wanna Dance with Somebody" (T)</p>	<p>13</p> <p>9:00 Cocoa & Conversation: Share about your favorite bird and bird watching (WC) 11:15 Trivia (WC) 1:00 Movie: "James Bond: Moonraker" (T) 2:00 Play Pool (Rec Room on 2nd Floor)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>14</p> <p>11:00 Catholic Readings & Communion (CH)</p> <p>2:00 Church Service (CH)</p> <p>2:45 After Church Fellowship (B)</p>	<p>15 World Art Day </p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Floor Yoga (RC)</p> <p>9:30 Jordan Creek Shuttle</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Medical Shuttle (Sign)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Party Bridge (G)</p> <p>1:30 Documentary: "Bob Ross: The Happy Painter" (T)</p> <p>5:45 Watercolor Painting for World Art Day (HN)</p>	<p>16 9:00 Devotions (ITV)</p> <p>10:00 Rosary (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Life Discussions (WC)</p> <p>3:00 Wii Bowling (T)</p> <p>4:00 Polka Dot Party with Music Barefoot Becky (HN)</p> <p>6:00 Stories with Donna Jo (Library)</p>	<p>17</p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Yoga & Tai Chi (RC)</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Cribbage (G)</p> <p>2:00 Book Club (HN)</p> <p>3:00 Clive Library Drop In Event (HN)</p> <p>3:00 Bible Study (C)</p> <p>4:00 Spring Sips: Mango Mule (B)</p> <p>6:00 Rummikub (G)</p>	<p>18</p> <p>10:00 Water Aerobics (RC)</p> <p>10:00 Pitch Card Group (G)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Strength & Balance I (RC)</p> <p>12:30-2:00 Lifelong Learning Lectures: Diabetes, Obesity, & the Next Gen Drugs Shaping Our Future (T)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Bingo (B)</p> <p>4:00 Mexican Train Dominos (HN)</p>	<p>19</p> <p>9:00 Sewing & Crafting (C)</p> <p>9:15 Chair Yoga & Tai Chi (RC)</p> <p>1:00 Make & Take: Silicone Bead Keychains (HN)</p> <p>2:00 Movie: "Just Mercy" (T)</p>	<p>20</p> <p>9:00 Cocoa & Conversation: Share about planting gardens, flowers, and veggies (WC)</p> <p>11:15 Trivia (WC)</p> <p>1:00 Movie: "Honkytonk Man" (T)</p> <p>2:00 Play Pool (Rec Room on 2nd Floor)</p>	
<p>21</p> <p>11:00 Catholic Readings & Communion (CH)</p> <p>2:00 Church Service (CH)</p> <p>2:45 After Church Fellowship (B)</p>	<p>22 Earth Day </p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Floor Yoga (RC)</p> <p>9:30 Valley West Shuttle</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Grief Group (C)</p> <p>1:00 Medical Shuttle (Sign)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Party Bridge (G)</p> <p>1:30 Documentary: "Green Fire" (T)</p> <p>5:45 Plant a Seed for Earth Day (HN)</p>	<p>23 9:00 Devotions (ITV)</p> <p>10:00 Rosary (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Perspectives on Faith and Reason (T)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Life Discussions (WC)</p> <p>3:00 Wii Bowling (T)</p> <p>6:00 Bedtime Stories with Donna Jo (Library)</p>	<p>24</p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Yoga & Tai Chi (RC)</p> <p>10:00 Water Aerobics (RC)</p> <p>Botanical Center Outing & Lunch (Sign Up)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Cribbage (G)</p> <p>3:00 Bible Study (C)</p> <p>4:00 Spring Sips: Shirley Temple (B)</p> <p>6:00 Rummikub (G)</p>	<p>25</p> <p>10:00 Water Aerobics (RC)</p> <p>10:00 Pitch Card Group (G)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Bingo (B)</p> <p>3:30 Questers (C)</p> <p>4:00 Mexican Train Dominos (HN)</p>	<p>26</p> <p>9:00 Sewing & Crafting (C)</p> <p>9:15 Chair Yoga & Tai Chi (RC)</p> <p>2:00 Sing-a-Long with Julie (HN)</p> <p>2:00 Western Movie: "Sagebrush Trail" (T)</p>	<p>27</p> <p>9:00 Cocoa & Conversation: Share about your favorite childhood movies or childhood stars (WC)</p> <p>11:15 Trivia (WC)</p> <p>1:00 Shirley Temple Movie: "The Little Princess" (T)</p> <p>2:00 Play Pool (Rec Room on 2nd Floor)</p>	
<p>28</p> <p>11:00 Catholic Readings & Communion (CH)</p> <p>2:00 Church Service (CH)</p> <p>2:45 After Church Fellowship (B)</p>	<p>29 8:30 Cardio Class (ITV)</p> <p>9:15 Floor Yoga (RC)</p> <p>9:30 Valley West Shuttle</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Grief Group (C)</p> <p>1:00 Medical Shuttle (Sign)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Party Bridge (G)</p> <p>1:30 Documentary: "The American Buffalo-Part 1" (T)</p> <p>5:45 Ice Cream Treats (B)</p>	<p>30</p> <p>9:00 Devotions (ITV)</p> <p>10:00 Rosary (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Life Discussions (WC)</p> <p>3:00 Wii Bowling (T)</p> <p>6:00 Bedtime Stories with Donna Jo (Library)</p>	<div style="border: 1px dashed black; padding: 10px;"> <p>Activities are subject to change and any changes will be announced on Channel 16.5 or 993</p> <p>ITV: Watch on Internal TV Station 16.11 or 990</p> </div>			<p>Location Guide:</p> <p>B: Bistro</p> <p>C: Craft Room</p> <p>CH: Chapel</p> <p>G: Game Room</p> <p>HN: Harriet Nelson Room</p> <p>RC: Ridge Club</p> <p>T: Theater</p> <p>WC: Walnut Club</p>	<div style="border: 2px solid purple; padding: 20px; text-align: center;"> <h1 style="color: purple; margin: 0;">April</h1> <h1 style="color: purple; margin: 0;">2024</h1> </div>