

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Coffee Klatch with M & M Cookies-Lounge</p> <p>11:45 Outing: Mass at St. Thomas Church</p> <p>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</p> <p>2:00 Bingo for Prizes with Ed-3rd</p> <p>*2:00 WU-Drum Circle with Renee</p> <p>*3:15 WU-Billiards 101 with Ed-Library</p> <p>6:00 The Carol Burnett Show w/ Guest Stars: Rock Hudson, Nancy Walker and Roddy McDowall</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Card Game with Gina: "Garbage"</p> <p>*2:00 WU-Cooking Demo with Chef Dayna-Lounge</p> <p>*3:00 WU-HealthPro Wellness with Katy</p> <p>*5:30 WU-Bible Study with Resident Pat:"The Book of John" Part 2</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>9:00 Outing: Shopping</p> <p>*9:00 WU-Step It Up Aerobics w/ Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Scrabble with Gina</p> <p>11:00 Outing: Lunch at Chen's Chinese and Shopping at Burlington</p> <p>1:45 Bingo for Dimes with Renee-MDR</p> <p>3:30 Travelogue: The Amazing Story of the 1st Lady of Camelot-Jackie Kennedy Onassis</p> <p>*5:30 WU-Texas Hold'em with Resident, Connie-Lounge</p> <p>6:15 Outing: Superfoods at Cary Library</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Protestant Service with Bethany Lutheran Church</p> <p>12:30 Town Hall Meeting with Amy-Lounge</p> <p>*1:30 WU-Virtual Reality Experience with Renee: "Exploring Outer Space"-Lobby</p> <p>*2:00 WU-Hilarious History with Jim: "National Poetry Month"</p> <p>*3:00 WU-Strength and Stretch with Renee</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>9:30 & 1:00 Outing: Shopping</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Fact or Fiction with Gina</p> <p>12:30 Food Meeting with Jeff-Lounge</p> <p>*2:00 WU-Name That Tune with Resident, Pat</p> <p>5:30 Bingo for Prizes with Resident, Donna-Lounge</p> <p>6:00 April Fools' Activity Packet (Pick up your packet at the front desk)</p>	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*9:30 WU-Painting Techniques 101 with Manda: "Flower String Pulling"</p> <p>10:00 Outing: Geocaching with Renee (Car Only)</p> <p>1:45-3:00 Bingo for Dimes with Renee-MDR</p> <p>6:00 Weekend Movie Special: "The Bucket List" with Jack Nicholson</p>		
<p>10:00 Catholic Service: Holy Apostles</p> <p>10:00 The Bible Word Search (Pick up your sheet at the front desk)</p> <p>1:00 Church Bulletin Bloopers</p> <p>Crossword Puzzle (Pick up your sheet at the front desk)</p> <p>2:00 Stronger Seniors: Strength Exercise Video</p> <p>6:00 Sunday Night Matinee: "La La Land" with Emma Stone</p>	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Coffee Klatch with Coffee Cake-Lounge</p> <p>11:45 Outing: Mass at St. Thomas Church</p> <p>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</p> <p>1:00 Solar Eclipse Discussion and Viewing with Renee-Meet in Lobby</p> <p>2:00 Bingo for Prizes with Ed-3rd</p> <p>*2:30 WU-Slow & Gentle Yoga w/ Denise</p> <p>3:15 Bag Games with Ed-Lobby</p> <p>6:00 The Carol Burnett Show with Guest Stars: Jim Nabors, Ken Berry and Carl Reiner</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Card Game with Gina: "Uno Attack"</p> <p>1:00 Walking Club with Amy and Jerry (Weather Permitting)-Meet in Lobby</p> <p>2:00 Mass with Holy Apostles</p> <p>*3:00 WU-Chair Aerobics with Renee</p> <p>*5:30 WU-Bible Study with Resident Pat:"The Book of John" Part 3</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>9:30 & 1:00 Outing: Shopping</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*10:00 WU-Understanding the Four Circles of 360Well with Gina-2nd</p> <p>*1:00 WU-Health Talk with Nurse Tracy: "Stress Management"</p> <p>1:45 Bingo for Dimes with Renee-MDR</p> <p>*3:30 WU-Sip n' Thrive Mixology with Ed: "Springtime Screwdrivers"-Lounge</p> <p>*5:30 WU-Texas Hold'em with Resident, Connie-Lounge</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Protestant Service with United Methodist Church</p> <p>*1:30 WU-Virtual Reality Experience with Renee: "Exploring Butterfly Gardens"-Lobby</p> <p>*2:00 WU-Discovery Series with HealthPro: "Cultivating Happiness: Simple Ways to Boost Your Well Being"</p> <p>*3:00 WU-Strength and Stretch with Renee</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>9:30 & 1:00 Outing: Shopping</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*10:00 WU-Cell Phone and Tablet Basics with Donna</p> <p>*10:00 WU-Community Service: Be a Community Scientist with Renee-3rd</p> <p>2:00 Social Hour with Dave Mehner-MDR</p> <p>5:30 Bingo for Prizes with Resident, Donna-Lounge</p> <p>6:00 National Pet Day Activity Packet (Pick up your packet at front desk)</p>	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*9:30 WU-Get Inspired with Pinterest with Noel: "Welcome Spring Door Sign"</p> <p>*10:00 WU-Bat Appreciation Day Discussion with Renee-3rd</p> <p>1:45-3:00 Bingo for Dimes with Renee-MDR</p> <p>6:00 Weekend Movie Special: "Must Love Dogs" with Diane Lane</p>		
<p>10:00 Catholic Service: Holy Apostles</p> <p>10:00 20 Miracles of Jesus Word Search (Pick up your sheet at the front desk)</p> <p>1:00 Tax Day Word-in-Word (Pick up your sheet at the front desk)</p> <p>2:00 Stronger Seniors: Stretch Exercise Video</p> <p>6:00 Sunday Night Matinee: "The Upside" with Nicole Kidman</p>	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Coffee Klatch with Ding Dongs-Lounge</p> <p>11:45 Outing: Mass at St. Thomas Church</p> <p>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</p> <p>2:00 Bingo for Prizes with Ed-3rd</p> <p>*2:00 WU-Qigong with Renee</p> <p>*3:15 WU-Billiards 101 with Ed-Library</p> <p>6:00 The Carol Burnett Show with Guest Stars: Dinah Shore, Roddy McDowell and The Jackson 5</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobic with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*10:00 WU-Life Long Learning with Marcia from C.L. Library</p> <p>*2:00 WU-The Sinking of the Titanic with Renee</p> <p>*3:00 WU-HealthPro Wellness with Katy</p> <p>*5:30 WU-Bible Study with Resident Pat:"The Book of John" Part 4</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>9:00 Outing: Shopping</p> <p>*9:00 WU-Step It Up Aerobics w/ Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*10:00 WU-Understanding the Four Circles of 360Well with Gina-2nd</p> <p>11:00 Outing: Lunch at Jameson's and Shopping at Aldi's</p> <p>1:45 Bingo for Dimes with Renee-MDR</p> <p>3:30 Travelogue: "Charles Lindbergh-The Lone Eagle"</p> <p>*5:30 WU-Texas Hold'em with Resident, Connie-Lounge</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Bible Trivia with Gina</p> <p>*1:00 WU-Virtual Reality Experience with Renee: "Camel Riding in Egypt"-Lobby</p> <p>*2:00 WU-Card Making with Noel</p> <p>*3:00 WU-Strength and Stretch with Renee</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>9:30 & 1:00 Outing: Shopping</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 What More Do You Know Trivia with Gina</p> <p>10:00 Pearl Vision: Small Repair/Cleaning for your Eyeglasses-Lobby</p> <p>2:00 Social Hour with Frank Lee-MDR</p> <p>5:30 Bingo for Prizes with Resident, Donna-Lounge</p> <p>6:00 Earth Day Activity Packet (Pick up your packet at the front desk)</p> <p>6:15 Fountains' Pub Crawl Theme Candlelight Dinner-MDR (Please See Front Desk for Price, Menu and to Sign Up)</p>	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*9:30 WU-Get Inspired with Pinterest with Noel: "Egg Carton Seedlings"</p> <p>*10:00 WU-All About Earth Day Discussion with Renee-3rd</p> <p>1:45-3:00 Bingo for Dimes with Renee-MDR</p> <p>6:00 Weekend Movie Special: "Night At The Museum" with Ben Stiller</p>		
<p>10:00 Catholic Service: Holy Apostles</p> <p>10:00 Mountains Word Search (Pick up your sheet at the front desk)</p> <p>1:00 Earth Day Word Scramble (Pick up your sheet at front desk)</p> <p>2:00 Simply Seated Exercise Video</p> <p>6:00 Sunday Night Matinee: "Gold Diggers in Paris" with Rudy Vallee</p>	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Coffee Klatch with Twinkies-Lounge</p> <p>11:45 Outing: Mass at St. Thomas Church</p> <p>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</p> <p>2:00 Bingo for Prizes with Ed-3rd</p> <p>*2:00 WU-Laughter Yoga with Amy</p> <p>3:15 Bag Games with Ed-Lobby</p> <p>6:00 The Carol Burnett Show with Guest Star: Steve Lawrence</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Card Game with Gina: "Poker Bingo"</p> <p>1:00 Walking Club with Amy and Jerry (Weather Permitting)-Meet in Lobby</p> <p>*2:00 WU-Beer Tasting From Around The World with Mark-Lounge</p> <p>*3:00 WU-Senior Strength with Renee</p> <p>*5:30 WU-Bible Study with Resident Pat:"The Book of John" Part 5</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>9:30 & 1:00 Outing: Shopping</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*10:00 WU-Understanding the Four Circles of 360Well with Gina-2nd</p> <p>1:45 Bingo for Dimes with Renee-MDR</p> <p>*3:30 WU-Sip n' Thrive Mixology with Ed: "Bourbon Peach Tea"-Lounge</p> <p>*5:30 WU-Texas Hold'em with Resident, Connie-Lounge</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Protestant Service with Immanuel Lutheran Church</p> <p>*1:00 WU-Garden Club with JourneyCare-Patio</p> <p>*2:00 WU-Hilarious History with Jim: "Five Extinctions of The World"</p> <p>*3:00 WU-Strength and Stretch with Renee</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>9:30 & 1:00 Outing: Shopping</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*10:00 WU-Cell Phone and Tablet Basics with Donna</p> <p>2:00 Monthly Birthday/Welcome Party with Heather Broudakis-MDR</p> <p>5:30 Bingo for Prizes with Resident, Donna-Lounge</p> <p>6:00 All About Weather Activity Packet (Pick up at the front desk)</p>	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>*9:30 WU-Get Inspired with Pinterest with Noel: "Cork Flower Coaster"</p> <p>10:00 Dice Games with Renee: "Roll A Rainbow"-3rd</p> <p>1:45-3:00 Bingo for Dimes with Renee-MDR</p> <p>6:00 Weekend Movie Special: "I.Q." with Walter Matthau</p>		
<p>10:00 Catholic Service: Holy Apostles</p> <p>10:00 The Prophets Word Search (Pick up your sheet at the front desk)</p> <p>1:00 Mad Lib: April Showers Bring May Flowers (Pick up your sheet at the front desk)</p> <p>2:00 Sit and Be Fit Exercise Video</p> <p>6:00 Sunday Night Matinee: "Singin' In The Rain" with Gene Kelly</p>	<p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Coffee Klatch with Nutty Butter-Lounge</p> <p>11:45 Outing: Mass at St. Thomas Church</p> <p>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</p> <p>2:00 Bingo for Prizes with Ed-3rd</p> <p>*2:00 WU-Line Dancing with Renee</p> <p>*3:15 WU-Billiards 101 with Ed-Library</p> <p>6:00 The Carol Burnett Show with Guest Stars: Ken Berry and Bernadette Peters</p>	<p>Dr. Transportation</p> <p>*9:00 WU-Step It Up Aerobics with Connie</p> <p>*9:30 WU-Connie's Total Body Workout-3rd</p> <p>10:00 Painting Group with Gina</p> <p>*2:00 WU-The Tales and Taste of Vietnam with Renee</p> <p>*3:00 WU-Senior Strength with Renee</p> <p>*5:30 WU-Bible Study with Resident Pat:"The Book of John" Part 6</p> <p>7:30 Night Time Sing Along with Nadine-Lobby</p>	<p>Transportation:</p> <p>Medical Appointments/Bank Visits:</p> <p>Tuesdays and Thursdays-8:00-3:30</p> <p>We do require a 24 hour notice for all appointments. Please call Transportation at 815/477-6580.</p>			<p>*Denotes a Watermark University Course</p>		

ACTIVITY LOCATOR KEY

All Activities are located in the 2nd Floor Church Room unless otherwise noted.

2nd-2nd Floor Church Room
 KAR-King Arthur Room
 L-Lobby
 LG-Lounge
 MDR-Main Dining Room
 P-Patio
 3rd-3rd Floor

Calendar is subject to change-Please check the daily sheets for any schedule changes.

APRIL 2024

Town Center

THE FOUNTAINS

AT CRYSTAL LAKE

A WATERMARK RETIREMENT COMMUNITYSM