

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Note: Activities in bold denotes special programs such as: live music, religious services, & Watermark University classes.	April Fool's Day 9:45-Resistance Exercise 10:15 Balance Assessments with Healthpro 10:30- Scattergories 1:15- Hallway walks 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Reminisce 4:15- iN2L: Animal Adventures: Fox 6:30- Comedy Club: Charlie Chaplin 1	9:45- WU: Yoga Exercise w/Gina 10:30- One Long Word in the Cafe 1:30- Spring Sing-a-long 1:30- Engage VR 3:00- WU: Timely Topics Around the World 4:15- iN2L: Meditation 6:15- Prize Bingo 2	9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- Resident Council 1:30- WU: Just Desserts-Chocolate Chip Cookies 3:00- Corn Hole 4:15- iN2L: Dance History: Swing 6:00- Poker with Friends in the Pub 3	9:30-Balance Exercise 10:30- WU: Health Talk "Move It" 1:30- WU: Engage VR 1:30- Jazzy Flute Duo Performs 3:00- Hallway/Outdoor walks 4:15- iN2L: Relaxation 6:00- Family Night Craft with Healthpro 4	9:45- Theraband Exercise 10:30- Group Crossword Puzzle 1:30- Catholic Mass with Father Wayne 2:45- Karma The Dog Visits 3:00- WU: Wine and The Times with Carrie 4:15- iN2L: Breathe 6:15- Women's Social in Cafe 5	9:45- Strengthening Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Irish Wish" 4:15-Spa Afternoon 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles 6
9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- iN2L: Hymn Sing 1:30- Bingo 3:30- Coffee Social in Cafe 4:15- iN2L: Art History: Cubism 6:30- EWTN Worship Service 7	9:45-Resistance Exercise 10:30- Scattergories 1:15- Hallway walks 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/ Jim Harris 4:15- iN2L: Animal Adventures- Moose 6:30- Comedy Club: Jerry Seinfeld 8	9:45- WU: Yoga Exercise w/Gina 10:30- Sarah The Fiddler Entertains 1:30- Outdoor Walks 1:30- Engage VR 3:00- WU: Timely Topics Around the World 4:15- iN2L: Meditation 4:30- Word Find Game 6:15- Prize Bingo 9	9:45- Cardio Exercise 10:30- WU: Discovery Series: "Mental Health; Why It's Important" 11:00- WU: Meditation w/Ebb 1:30- WU: Painting Class 3:30- Spring Trivia 4:15- iN2L: Dance History: Tap 6:00- Poker with Friends in the Activity Room 10	9:30-Balance Exercise 10:30- WU: Scrumptious Delights "Greek Crustini" 1:30- WU: Engage VR 1:30- WU: Reflections of Retired Veterans/Vet Service Dog Presentation 3:00- Happy Hour/ Pet Day 4:15- iN2L: Relaxation 6:30- Game Night In Cafe 11	9:45- Theraband Exercise 10:30- Group Crossword Puzzle 1:30- WU: Egypt History Part Two with Krysten 2:45- Karma The Dog Visits 3:00- Pitch & Putt Golf 4:15- iN2L: Breathe 6:15- Women's Social in Cafe 12	9:45- Strengthening Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Damsel" 4:15-Spa Afternoon 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles 13
9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- iN2L: Hymn Sing 1:30- Bingo 3:30- Coffee Social in Cafe 4:15- iN2L: Art History: Art Deco 6:30- EWTN Worship Service 14	9:45-Resistance Exercise 10:30- Scattergories 1:15- Communion 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Humor 4:15- iN2L: Animal Adventures- Camel 6:30- Comedy Club: Drew Carey 15	9:45- WU: Yoga Exercise w/Gina 10:30- One Long Word in the Cafe 2:00- WU: Chopped Challenge 1:30- Engage VR 3:30- Watercolor Painting 4:15- iN2L: Meditation 4:30- Word Find Game 16	9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- WU: The Wild Side With Mike 11:00- Lunch Trip to the 99 Restaurant. 2:00- WU: Rossana & Jen "Spring Rolls" 3:15- Hallway/ Outdoor Walks 4:15- iN2L: Dance History: Folk 6:00- Poker with Friends in the Activity Room 17	10:00- Jeff The Plant Guy/Horticulture Show 11:00- Outdoor walks 1:30- Musically Married Entertains 1:30- WU: Engage VR 3:00- Happy Hour/ Pirate Day 4:15- iN2L: Relaxation 6:30- Game Night In Cafe 18	9:45- Theraband Exercise 10:30- Group Crossword Puzzle 1:30- Disco Dance Party 2:45- Karma The Dog Visits 3:00- WU: Timely Topics Around The World 4:15- iN2L: Breathe 6:15- Women's Social in Cafe 19	9:45- Strengthening Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Yesterday" 2:15 Army Band Concert 4:15-Spa Afternoon 6:30- Cafe Social: Daily Chronicles 20
National Volunteer Week 9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- iN2L: Hymn Sing 1:00- Piano Entertainment 2:00- Grace Church Service 3:30- Coffee Social in Cafe 4:15- iN2L: Art History: Abstract 6:30- EWTN Worship Service 21	Earth Day 9:45-Resistance Exercise 10:30- Scattergories 1:15- Hallway walks 2:00- Chaplet of Divine Mercy 3:00-WU: Earth Day Seed Planting 4:15- iN2L: Animal Adventures-Hare 6:30- Comedy Club: Gary Shandir 22	9:45- WU: Yoga Exercise w/Gina 10:30- One Long Word in the Cafe 1:30- WU: National Parks & Historic Sites-Oklahoma 1:30- Engage VR 3:00-Happy Hour/Earth day 4:15- iN2L: Meditation 4:30- Word Find Game 6:15- Prize Bingo 23	9:45- Cardio Exercise 10:30- Food For Thought Meeting 1:30- WU: Old News 3:00- Ice Cream Social with Volunteer Appreciation 4:15- iN2L: Dance History: Quickstep 6:00- Poker with Friends in the Activity Room 24	9:30-Balance Exercise 10:30- Sunshine Club 1:30- WU: Engage VR 1:30- Just Len Entertains/Birthday Party 3:15-WU: Spring Craft/Decorate Pots 4:15- iN2L: Relaxation 4:15- iN2L: Relaxation 6:00- Family Night/Forastiere "Planning to Continue Your Legacy" 25	9:45- Theraband Exercise 10:30- Group Crossword Puzzle 1:30- WU: Timely Topics Around the World 2:45- Karma The Dog Visits 3:00- Happy Hour/Penguins 4:15- iN2L: Breathe 6:15- Women's Social in Cafe 26	9:45- Strengthening Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Hunt For The Wilderpeople" 4:15-Spa Afternoon 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles 27
9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- iN2L: Hymn Sing 1:30- Lisa Sings "Roll & Stroll" 3:30- Coffee Social in Cafe 4:15- iN2L: Art History: Realism 6:30- EWTN Worship Service 28	9:45-Resistance Exercise 10:30- Scattergories 1:15- Communion 2:00- Chaplet of Divine Mercy 3:00- WU: Music Across the Decades 4:15- iN2L: Animal Adventures-Emu 6:30- Comedy Club: Rodney Dangerfield 29	9:45- WU: Yoga Exercise w/Gina 10:30- One Long Word in the Cafe 1:30- WU: Timely Topics Around the World 1:30- Engage VR 3:00- Happy Hour/Trivia 4:15- iN2L: Meditation 4:30- Word Find Game 6:15- Prize Bingo 30	<p>Pet Therapy Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma</p> <p>Engage VR - Virtual Reality If you are interested in traveling, going into space, or under the sea without leaving the comfort of your apartment, sign up with the Activity Staff to use the Oculus Headset</p>		<p>Upcoming 4th 1:30 Jazzy Flute Duo 4th 6:00 Family Night Craft 9th 10:30 Sarah the Fiddler 11th 1:30 Veteran's Program 17th 11:00AM Lunch Trip 99 Restaurant 18th 10:00 Jeff The Plant Man 18th Musically Married</p>	

APRIL 2024
Assisted Living



EAST VILLAGE PLACE
A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY

*Activities are Subject to Change

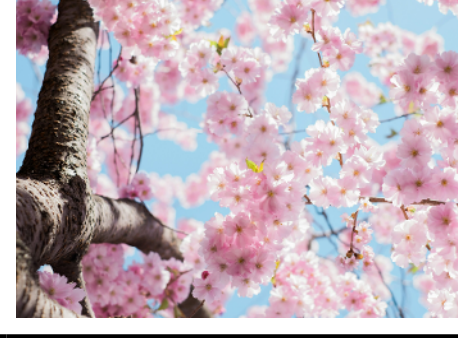
Doctor Appointment Transportation

All appointments can be made on Tuesdays and Thursdays. Be aware that others may have appts. also and we may ask you to reschedule if there is a conflict.

Shopping trips are every Wednesday at 9AM

April Birthdays

4th Bob St. George
16th Paula Thayer
25th Veronica Harnois
25th Bob Quinton



21st 1:00 Piano Entertainment
22nd 3:00 Earth Day Plantings
24th Ice Cream Social
25th 1:30 Just Len entertains for the Birthday Party
25th 6:00 Family Night/Forastiere-Planning
28th 1:30 Lisa Sings Roll & Stroll