

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>Note: Activities in Bold denotes special programs such as: live music, religious services, & Watermark University classes.</p>	<p>9:45- Resistance Exercise 10:30- WU: Walking Club 11:00 - Coffee Social/WU: Daily Chronicle 2:00- Chaplet of Divine Mercy 3:00- Parachute Fun! 4:00- Music Hour: 6:00- Watercolor Painting 1</p>	<p>9:45- Yoga Exercise 10:30- WU: Baking Club 1:30- Spring Sing Along 2:30- Afternoon Stretch 3:00- WU: Timely Topics 4:00- Peaceful Reflections 6:00- Game Night: Table Top Bowling 2</p>	<p>9:45- Balance Exercise 10:30- Bingo 1:30 - WU: Just Desserts 2:30 - Afternoon Stretch 3:00- Corn Hole 4:00- Spring Ambiance & Music 6:00- Jigsaw Puzzles 3</p>	<p>9:45- Cardio Exercise 10:30 - Dunkin Donuts Trip 1:30 - Jazzy Flute Duo 2:30- Afternoon Stretch 3:00- Happy Hour w/ Jim Harris 4:00- Music Hour: Rat Pack 6:00 - Comedy Club: Seinfeld 4</p>	<p>9:45- Strength Exercise 10:30-WU: Walking Club 1:30- Mass with Father Wayne 2:30- Afternoon Stretch 2:45- Karma the Dog Visits 3:00 - Artistic Expression 4:00- Music & Reminisce 6:00- Game Night: Dominoes 5</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 1:30-Movie Matinee: "Irish Wish" 2:30- Afternoon Stretch 3:00- Positive Reflections 4:00- Reminisce: "14,000 Things To be Happy About" pgs 1-10 6:00- Manicures & Music 6</p>			
<p>10:00- Mass on TV CH. 9 10:00 - Dominoes 11:00- Cardio Exercise 1:30- Reminisce & Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: Classical 6:00- Group Trivia 7</p>	<p>9:45- Resistance Exercise 10:30- WU: Walking Club 11:00 - Coffee Social/WU: Daily Chronicle 2:00- Chaplet of Divine Mercy 3:00- Parachute Fun! 4:00- Music Hour: 6:00- Watercolor Painting 8</p>	<p>9:45- Yoga Exercise 10:30- Sarah the Fiddler 1:30- Reminisce - Planting 2:30- Afternoon Stretch 3:00- WU: Timely Topics 4:00- Peaceful Reflections 6:00- Game Night: Washers 9</p>	<p>9:45- Balance Exercise 10:30- WU: "Mental Health: Why Is it Important" 11:00 - WU: Meditation with Ebb 1:30 - WU: Painting Class 3:00-Spring Trivia 4:00- Beach Ambiance 6:00- Jigsaw Puzzles 10</p>	<p>9:45- Cardio Exercise 10:30 - WU: Scrumptious Delights 1:30 - WU: reflections of Retired Veterans 2:30- Afternoon Stretch 3:00- Happy Hour & Comedy 4:00- Music Hour: Garth Brooks 6:00 - Comedy Club: Lucy 11</p>	<p>9:45- Strength Exercise 10:30-WU: Walking Club 1:30- WU: History & Myth: Egypt 2:30- Afternoon Stretch 2:45- Karma the Dog Visits 3:00 - Artistic Expression 4:00- Music & Reminisce 6:00- Game Night: Dominoes 12</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 1:30-Movie Matinee: "I Am Woman" 2:30- Afternoon Stretch 3:00- Positive Reflections 4:00- Reminisce: "14,000 Things To be Happy About" pgs. 11-20 6:00- Manicures & Music 13</p>			
<p>10:00- Mass on TV CH. 9 10:00 - Dominoes 11:00- Cardio Exercise 1:30- Reminisce & Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: Country 6:00- Group Trivia 14</p>	<p>9:45- Resistance Exercise 10:30- WU: Walking Club 11:00 - Coffee Social 1:30 - Communion 2:00- Chaplet of Divine Mercy 3:00- Parachute Fun! 4:00- Music Hour: 6:00- Watercolor Painting 15</p>	<p>9:45- Yoga Exercise 10:30- WU: Baking Club 2:00- WU: Chopped Challenge 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Peaceful Reflections 6:00- Game Night: Volleyball 16</p>	<p>9:45- Balance Exercise 10:30- WU: The Wild Side 2:00- WU: Rosanna & Jen "Spring Rolls" 2:30 - Afternoon Stretch 3:00- Table Top Bowling 4:00- Artistic Expression 6:00- Jigsaw Puzzles 17</p>	<p>10:30 - WU: Jeff the Plant Guy Entertains 1:30 - Musically Married 2:30- Afternoon Stretch 3:00- Happy Hour & Music 4:00- Music Hour: Celtic 6:00 - Comedy Club: D. Martin 18</p>	<p>9:45- Strength Exercise 10:30-WU: Walking Club 1:30- Disco Dance Party 2:30- Afternoon Stretch 2:45- Karma the Dog Visits 3:00 - WU: Timely Topics 4:00- Music & Reminisce 6:00- Game Night: Dominoes 19</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 1:30-Movie Matinee: "Damsel" 2:30- Afternoon Stretch 3:00- Positive Reflections 4:00- Reminisce: "14,000 Things To be Happy About" pgs. 21-30 6:00- Manicures & Music 20</p>			
<p>10:00- Mass on TV CH. 9 11:00- Cardio Exercise 1:00- Piano Entertainment 2:00 - Grace Church Service 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: 6:00- Group Trivia 21</p>	<p>9:45- Resistance Exercise 10:30- WU: Walking Club 11:00 - Coffee Social/WU: Daily Chronicle 2:00- Chaplet of Divine Mercy 3:00- Parachute Fun! 4:00- Music Hour: 6:00- Watercolor Painting 22</p>	<p>9:45- Yoga Exercise 10:30- WU: Baking Club 1:30- WU: National Parks & Historic Sites 2:30- Afternoon Stretch 3:00- Reminisce - School Days 4:00- Peaceful Reflections 6:00- Game Night: Dominoes 23</p>	<p>9:45- Balance Exercise 10:30- WU: Walking Club 11:00 - Lunch Trip - Friendlys 1:30 - WU: Old News w/Charlotte 2:30 - Ice Cream Social 3:00- Axe Throwing 4:00- Music & Reminisce 6:00- Jigsaw Puzzles 24</p>	<p>9:45- Cardio Exercise 10:30 - WU: Armchair Travel 1:30 - Just Len Entertains for BDay Party 2:30- Afternoon Stretch 3:00- Happy Hour & Trivia 4:00- Music Hour: Classical 6:00 - Comedy Club: Lucy 25</p>	<p>9:45- Strength Exercise 10:30-WU: Walking Club 1:30- WU: Timely Topics 2:30- Afternoon Stretch 2:45- Karma the Dog Visits 3:00 - Artistic Expression 4:00- Music & Reminisce 6:00- Game Night: Dominoes 26</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 1:30-Movie Matinee: "Yesterday" 2:30- Afternoon Stretch 3:00- Positive Reflections 4:00- Reminisce: "14,000 Things To be Happy About" pgs. 31-40 6:00- Manicures & Music 27</p>			
<p>10:00- Mass on TV CH. 9 10:00 - Dominoes 11:00- Cardio Exercise 2:00- Lisa Pernice Roll & Stroll 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: 6:00- Group Trivia 28</p>	<p>9:45- Resistance Exercise 10:30- WU: Walking Club 11:00 - Coffee Social 1:30 - Communion 2:00- Chaplet of Divine Mercy 3:00- WU: Music Across Decades 4:00- Music Hour: Perry Como 6:00- Watercolor Painting 29</p>	<p>9:45- Yoga Exercise 10:30- WU: Baking Club 1:30- WU: Timely Topics 2:30- Afternoon Stretch 3:00- Reminisce - Spring 4:00- Peaceful Reflections 6:00- Game Night: Uno 30</p>	<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>HAPPY BIRTHDAY! 4/4 Bob St. George 4/25 Veronica Harnois 4/25 Bob Quinton</p>		<p>Dates To Remember 4th 1:30 Jazzy Flute Duo 4th 6:00 Family Craft Night 9th 10:30 Sarah The Fiddler 11th 1:30 Veteran's Program 18th 10:00 Jeff The Plant Man 21st 1:00 Piano Entertains 24th 2:30 Ice Cream Social 25th 1:30 Just Len/Birthday 28th 1:30 Lisa Roll & Stroll</p>	

APRIL 2024
Our Place

ACTIVITY LOCATOR KEY

*Activities Subject to Change

Transportation for Medical Appointments
Appointments can be made on **Tuesdays & Thursdays** through the receptionist. For Memory Care, a **family member must accompany the resident.**