












Assisted Living Vitality and Events Calendar for April 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>6 - Don N. 10 - Jim W. 21 - Jane P. 22 - Betty D. Grace W. Happy Birthday!</p>	<p>Activities & Calendar may change! <i>As Covid restrictions are gradually lifted we will make scheduling changes. Please watch Bulletin Boards & channel 1972 for Updates!</i></p> <p><i>*Masks & 6 foot distancing are still required  to do any group activities!</i></p>		<p>DR - Dining Room FP - Fireplace Room LO - Lobby MT - Movie Theater</p> <p> Watch on Channel 1972</p>	<p>1 APRIL FOOL'S DAY </p> <p>9:30am Chair Workout 10:00am Balance Exercise 1:00pm Art Class 2:00pm Performing Arts 2:30pm BINGO (DR) 9:00pm Peaceful Music</p>	<p>2 9:30am News Chat (FP) 10:00am Stretching Routine 10:00am General Store Open 10:30am Zumba Exercise 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Exercise C Hall (FP)</p>	<p>3 9:30am Seated Yoga 10:00am Church Service 11:00am Live ZOOM Church Service <i>(Inquire with Vitality)</i> 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 6:00pm Saturday Movie</p>
<p>4 EASTER 10:00am Church Service 12:30pm Easter Praise (MT) <i>(must be signed up in advance)</i> 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:00pm Gospel Concert with Chris Anderson 6:00pm Sunday Movie Activity/Puzzle Packet</p>	<p>5 9:30am News Chat (FP) 10:00am Seated Stretching 10:30am Standing Yoga 1:00pm Art Class 2:00pm Performing Arts 2:30pm Movie Monday (MT) A&D Halls <i>(sign up in advance)</i> 6:00pm Monday Night Movie</p>	<p>6 9:30am News Chat (FP) 10:00am Qigong for health 10:30am Exercise Routine 1:00pm Art Class 2:00pm Performing Arts 2:30pm Exercise/A&D Halls (FP) 3:30pm Biographies (FP)</p>	<p>7 9:30am News Chat (FP) 10:00am Qigong for Heart 10:30am Standing Workout 1:00pm Art Class 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:00pm Performing Arts 2:30pm Exercise/B Hall (FP)</p>	<p>8 9:30am News Chat (FP) 10:00am Tai Chi 10:30am Standing Cardio 1:00pm Art Class 2:00pm Performing Arts 2:30pm BINGO (DR)</p>	<p>9 9:30am News Chat (FP) 10:00am Ankle Exercises 10:00am General Store Open 10:30am Standing Cardio 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Exercise C Hall (FP) 9:00pm Peaceful Music</p>	<p>10 9:30am Adapted Cardio 10:00am Church Service 11:00am Live ZOOM Church Service <i>(Inquire with Vitality)</i> 11:30am Workout 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 6:00pm Saturday Movie</p>
<p>11 9:30am Seated Workout 10:00am Church Service 1:00pm Art Class 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Word Game (FP) 6:00pm Sunday Movie Activity/Puzzle Packet</p>	<p>12 9:30am News Chat (FP) 10:00am Qigong Flow 10:30am Dance Fitness 2:00pm Classical Music Club 2:30pm Movie Monday (MT) B&C Halls <i>(sign up in advance)</i> 6:00pm Monday Night Movie</p>	<p>13 9:30am News Chat (FP) 10:00am Qigong for health 10:00am Music of the Past 1st Floor (FP)  10:30am Exercise Routine 2:30pm Exercise/A&D Halls (FP) 3:30pm Music of the Past 2nd Floor (FP) </p>	<p>14 9:30am News Chat (FP) 10:30am Latin Dance Cardio 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:00pm Performing Arts 2:30pm Exercise/B Hall (FP) 9:00pm Peaceful Music</p>	<p>15 9:30am News Chat (FP) 10:00am Qigong for Vitality 10:30am Standing Cardio 1:00pm Art Class 1:30pm Garden Club (FP) <i>(must be signed up in advance)</i> 2:00pm Performing Arts 2:30pm BINGO (DR)</p>	<p>16 9:30am News Chat (FP) 10:00am Arm Workout 10:00am General Store Open 10:30am Low Impact Cardio 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Exercise C Hall (FP)</p>	<p>17 9:30am Warm Up Routine 9:40am Exercises 10:00am Church Service 11:00am Live ZOOM Church Service <i>(Inquire with Vitality)</i> 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 6:00pm Saturday Movie</p>
<p>18 9:30am Chair Yoga 10:00am Church Service 1:00pm Art Class 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Word Game (FP) 6:00pm Sunday Movie Activity/Puzzle Packet</p>	<p>19 9:30am News Chat (FP) 10:10am Neck Exercises 10:30am Low Impact Cardio 2:00pm Performing Arts 2:30pm Movie Monday (MT) A&D Halls <i>(sign up in advance)</i> 6:00pm Monday Night Movie</p>	<p>20 9:30am News Chat (FP) 10:00am Art & Kathie/1st Floor (FP)  10:30am Exercise Routine 1:00pm Art Class 2:00pm Performing Arts 2:30pm Exercise/A&D Halls (FP) 3:30pm Art & Kathie/2nd floor (FP)</p>	<p>21 9:30am News Chat (FP) 10:00am Qigong for Mood 10:30am Posture & Balance 1:00pm Art Class 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Exercise/B Hall (FP)</p>	<p>22 9:30am News Chat (FP) 10:00am Qigong for Energy 10:30am Posture & Balance 1:00pm Art Class 1:30pm Garden Club (FP) <i>(must be signed up in advance)</i> 2:30pm BINGO (DR)  JELLYBEAN DAY!</p>	<p>23 9:30am News Chat (FP) 10:00am Neck Exercises 10:00am General Store Open 10:30am Low Impact Cardio 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Exercise C Hall (FP)</p>	<p>24 9:30am Chair Pilates 10:00am Church Service 11:00am Live ZOOM Church Service <i>(Inquire with Vitality)</i> 11:30pm Fitness Workout 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 6:00pm Saturday Movie</p>
<p>25 9:30am Chair Workout 10:00am Church Service 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Word Game (FP) 6:00pm Sunday Movie Activity/Puzzle Packet</p>	<p>26 9:30am News Chat (FP) 10:30am Low Impact Cardio 2:00pm Classical Music Club 2:30pm Movie Monday (MT) B&C Halls <i>(sign up in advance)</i> 6:00pm Monday Night Movie</p>	<p>27 9:30am News Chat (FP) 10:00am Qigong Routine 10:30am Standing Workout 2:30pm Exercise/A&D Halls (FP) 5:00pm Olive Garden Orders Due</p>	<p>28 9:30am News Chat (FP) 9:55am Balance Training 10:30am Merengue Dance 12:00pm Take-Out Lunch! from Olive Garden delivered 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Exercise/B Hall (FP)</p>	<p>29 9:30am News Chat (FP) 10:00am Qigong for Energy 10:30am Posture & Balance 1:00pm Art Class 1:30pm Garden Club (FP) <i>(must be signed up in advance)</i> 2:00pm Performing Arts 2:30pm BINGO (DR)</p>	<p>30 9:30am News Chat (FP) 10:00am Neck Exercises 10:00am General Store Open 10:30am Low Impact Cardio 1:30pm Walking Club (LO) <i>(must be signed up in advance)</i> 2:30pm Exercise C Hall (FP)</p>	<p>Happy Easter </p>