

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations: (C)- Commons, (A)- Activities, (LR)- Living Room, (LI)- Library, (DR)- Dining Room, (S)- Salon We aim to make activities run smoothly, please be punctual for your fellow residents. Thank you!	1 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- Norman Rockwell April Fools (A) 2:30p- Neurographic Art with Mary Fran (A) <i>All Fools' Day</i>	2 9:30a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Crafting (Crystal Suncatchers) (A) 3p- Do You Know Your Neighbor? (A)	3 9a- Meditation (A) 10a- Independent Exercise (C) 1p- Contract Rummy (LR) 1p- Gametime (Scrabble) (A) 3p- Star of the Month Club (Sean Connery) (A)	4 Salon Open 9a-1:30p 9a- Guess in 10 (A) 10a- Functional Fitness (C) 1p- <i>Shopping Trip</i> 1p- April Trivia (A) 3p- Tabletop Shuffleboard (A)	5 9a- Chair Yoga (C) 10a- Independent Exercise (C) 1p- BINGO (C) 2:30p- Aging Matters (Fall Prevention) (C)	6 1p- Classic Movie "Pretty Woman" (1990) (C) 4p- Resident Social (LR)
7 1p- NEW Movie "Napolean" (2023) (C)	8 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- Travel Club (Holland) (A) 3p- Solar Eclipse Gathering (Porch)	9 9:30a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Crafting (Wind Chime) (A) 3:30p- Caring Canines (LR)	10 9a- Coffee and Word Games (A) 10a- Independent Exercise (C) 1p- Contract Rummy (LR) 1p- Gametime (Scattergories) (A) 2:30p- Fresh Floral Arranging (A)	11 Salon Open 9a-1:30p 9a- Therapeutic Art (A) 10a- Functional Fitness (A) 1p- <i>Shopping Trip</i> 1p- WRITEaway Group (LI) 1p- Let's Make Blueberry-Lemon Muddy Buddies (A) 2:30p- Manicures (S)	12 9a- Chair Yoga (C) 10a- Independent Exercise (C) 12p- Lunch Trip to Ruby's Bistro (Boarding at 11:30a) 3p- Documentary "The Alzheimer's Project: Episode One" (C)	13 10a- Resident Committee Conversation (C) 1p- NEW Movie "Dog Gone" (2023) (C) 4p- Resident Social (LR)
14 1p- Classic Movie "Dirty Dancing" (1987) (C)	15 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- VNA Foot Clinic (S) 2:30p- Neurographic Art with Mary Fran (A)	16 9:30a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Crafting (Spring Ceramics) (A) 3p- Garden Planning Meeting (A)	17 9:30a- History of Passover (A) 10a- Independent Exercise (C) 1p- Contract Rummy (LR) 1p- Committee Meeting (LI) 1p- Words in a Word (A) 3p- Documentary "Lindbergh Baby Kidnapping" (C)	18 Salon Open 9a-1:30p 9a- Brain Games (A) 10a- Functional Fitness (C) 1p- <i>Shopping Trip</i> 1p- Wii Bowling League (C) 3p- Book Club (LI) 3p- Bananagrams (A)	19 9a- Chair Yoga (C) 10a- Independent Exercise (C) 1p- BINGO (C) 2:30p- Milk Shakes & Classic Commercials (A)	20 1p- NEW Movie "The Holdovers" (2023) (C) 4p- Resident Social (LR)
21 1p- Classic Movie "My Fair Lady" (1964) (C)	22 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- Cardmaking (A) 2p- Hearing Tests and Hearing Aid Cleaning (LI) 3p- Celebrating Passover (A) <i>Passover Begins Earth Day</i>	23 9:30a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Crafting (Dried Floral Bookmarks) 3p- Gametime (Uno) (A)	24 8a- Men's Breakfast (DR) 9a- What is Earth Day? (A) 10a- Independent Exercise (C) 1p- Contract Rummy (LR) 1p- Chair Dance Fitness (A) 2:30p- Manicures (S) <i>Administrative Professionals Day</i>	25 Salon Open 9a-1:30p 9a- Therapeutic Art (A) 10a- Functional Fitness (C) 12p- Lunch Trip to Mister Up's and shopping in Middlebury (Boarding at 11:20a) 1p- <i>Shopping Trip</i>	26 9a- Chair Yoga (C) 10a- Independent Exercise (C) 1p- What Tree am I? (A) 3p- Documentary "Hidden Life of Trees" (2021) (C) <i>Arbor Day</i>	27 1p- NEW Movie "Poms" (2023) (C) 4p- Resident Social (LR)
28 1p- Classic Movie "Footloose" (1984) (C)	29 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- 30 Second Mysteries (A) 3:30p- Music with Bob Recupero (C)	30 9:30a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Crafting (Ladybug Magnets) (A) 3p- Activity Committee Meeting (For committee members) (A)	<h1>April 2024</h1> <p>"April showers bring May flowers"</p>			