		luesday	Wednesday	Ihursday	Friday	Saturday
(A)- Ac (DR)- Dini (P)- F (LR)- Livi (O)- O	ctivities ing Room Porch ng Room utside	10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Diamond Art Hummingbirds) (A) 2:30p- Grief Support Group (C)	10a- Independent Exercise (C) 10:30a- Gardening Group (A) 12:30p- Contract Rummy (LR) 1p- Functional Fitness (C) 2p- Documentary (Benjamin Franklin- A Film by Ken	(A) 10a- Functional Fitness (C) 1 <i>p- Shopping Trip</i>	10a- Independent Exercise (C) 10:30- Walking Group (P) 1p- Name that Tune (Love Songs) (A)	5 1p- Movie (The Long Game- 2023) (C) 4p- Resident Social (LR)
1p- Movie (A Tale of Two Cities- 1935) (C)	Charlie Chaplin (A) 10a- Independent Exercise (C) 10:30- Walking Group (P) 1p- Seated Yoga (C) 2p- Wheel of Fortune (A)	10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Ceramic Egg Painting) (A) 3:30p- Music and Milkshakes with Bob Recupero (C)	10a- Independent Exercise (C) 10:30a- Gardening Group (O) 12:30p- Contract Rummy (LR) 1p- Functional Fitness (C) 2p- Caring Canines (P) 2:30p- April Trivia (A) 3p- Nails & Manicures (S)	9:30a- Gametime (Brilliant or 10 BS) (A) 10a- Functional Fitness (C) <i>1p-Shopping Trip</i> 1p- What's Your Verdict? (A) 2:30p- B-I-N-G-O (C) 4:30p- Dinner Bunch @ Nonna's Italian Ristorante (Bus leaving at 4:15p)	11 9:30a- Mind Match- Art Masterpieces (A) 10a- Independent Exercise (C) 10:30a- Walking Group (O) 1p- Let's Make No-Bake Energy Bites (A) 2p- Documentary (4 Wheel Bob- 2018) (C)	
2016) (A) 2p- Artist Phil Whitman Presentation (C)	10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p- Seated Yoga (C)	9:30a- Wellness Tuesday (LR) 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Easter Baskets) (A) 3p- Easter "Sundae" Social (LR)	10a- Independent Exercise (C) 10:30a- Gardening Group (O) 12:30p- Contract Rummy (LR) 1p- Resident Council Meeting (C)	9:30- Scrambled Eggs Word Unscramble (A) 10a- Functional Fitness (C) <i>1p- Shopping Trip</i> 1p- Floral Arranging (A) 2:30p- Grace Congregational Service (C)	18 9:30a- Origami (A) 10:30a- Trip to Northshire Bookstore & Zoey's Diner 2p- Documentary (Benjamin Franklin- A Film by Ken Burns, Part 2 of 2) (C)	19 1p- Movie (Miss Potter- 2006) (C) 4p- Resident Social (LR)
20 1p- Movie (Peter Rabbit- 2018)	10a- Independent Exercise (C) 10:30- Walking Group (P) 1p-Seated Yoga (C) 2p- Spring Mad Libs (A) 3p- Activity Committee Meeting (A)	(LR) 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Bumble Bee Frames) (A) 2p- Book Club (LI)	10a- Independent Exercise (C) 10a- Lunch @ The Eatery and Trin to Endless Creations	24 9:30am- Craft (Suncatchers) (A) 10a- Functional Fitness (C) <i>1p- Shopping Trip</i> 1p- B-I-N-G-O (C) 3p- Travel Club (Meteora, Greece) (A)	25 10a- Trip to Bennington Museum and Lunch at Blue Benn Diner (Bus boarding at 9:30a) 10a- Independent Exercise (C) 1p- Movie (The Odd Life of Timothy Green- 2012) (C) Arbor Day	26 1p- Movie (Miss Congeniality- 2000) (C) 4p- Resident Social (LR)
27 1p- Movie (Singing in the Rain-	9:30a-Mind Match- National Parks (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p-Seated Yoga (C) 2p- VNA Nutrition Session-	29 9:30a-Wellness Tuesday (LR) 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Propagation Stand) (A)	30 8a- Men's Breakfast (DR) 9:30a- Sorry (A) 10a- Independent Exercise (C) 10:30a- Gardening Group (O)		• 1	025 flowers"
	(Å)- Ac (DR)- Din (P)- F (LR)- Livi (O)- O (LI)- L 6 1p- Movie (A Tale of Two Cities- 1935) (C) 13 1p- Movie (The Young Messiah- 2016) (A) 2p- Artist Phil Whitman Presentation (C) Palm Sunday 20 1p- Movie (Peter Rabbit- 2018) (C) Easter Sunday 27 1p- Movie (Singing in the Rain- 1952) (C)	(C)- Commons (A)- Activities (DR)- Dining Room (P)- Porch (LR)- Living Room (O)- Outside (LI)- Library 1p- Movie (A Tale of Two Cities- 9:30a- Star of the Month- Charlie Chaplin (A) 10a- Independent Exercise (C) 103:0 Walking Group (P) 1p- Movie (A Tale of Two Cities- 1p- Movie (A Tale of Two Cities- 1a 9:30a- Star of the Month- Charlie Chaplin (A) 10a- Independent Exercise (C) 10:30- Walking Group (P) 1p- Movie (The Young Messiah- 20 20 20 20 21 9:30a- Big Boggle (A) 10a- Independent Exercise (C) 10:30- Walking Group (P) 1p- Seated Yoga (C) 2p- Spring Mad Libs (A) 3p- Activity Committee Meeting (A) 1p- Movie (Singing in the Rain- 1952) (C) 21 1952) (C) 21 22 23 33 24 <th>(C)- Commons 9:30a- Fact or Foolery (A) 1 (A)- Activities 9:30a- Fact or Foolery (A) 1 (DR)- Dining Room (P)- Porch 10a-Bood Pressure Check (LR) (LR)- Living Room (C) 0:15a- Functional Fitness (C) (D)- Outside (LI)- Library 2:30p- Grief Support Group (D) 9:30a- Star of the Month- Charlie Chaplin (A) 10a-Bood Pressure Check (LR) 19:35) (C) 9:30a- Star of the Month- Charlie Chaplin (A) 10a-Bood Pressure Check (LR) 19:35) (C) 10a-Independent Exercise (C) 10a-Bood Pressure Check (LR) 19:30a- Walking Group (P) 1p- Crafts (Ceramic Egg Painting) (A) 3:30p- Music and Milkshakes with Bob Recupero (C) 10:30- Walking Group (P) 1p- Seated Yoga (C) 3:30a- Wellness Tuesday (LR) 10:- Independent Exercise (C) 10a-Bood Pressure Check (LR) 10:- Mayenderet Exercise (C) 10:- Crafts (Bumble Bee Frames) 10:- Mayenderet Exercise (C) 10:- Sa-</th> <th>(C) - Commons 9:30a- Fact or Foolery (A) 9:30a- TED Talks (A) 2 (A) - Activities 10a- Blood Pressure Check (LR) 10a- Independent Exercise (C) 10:30a- Gardening Group (A) (P) - Porch (LR) - Living Room 2:30p- Grief Support Group (C) 10- Easter Support Group 10- Easter Support Group (D) - Outside 2:30p- Grief Support Group 9:30a- Therapeutic Art (A) 9 (LP) - Library All food Pressure Check (LR) 9:30a- Therapeutic Art (A) 9 (D) - Outside 2:30p- Grief Support Group 9:30a- Therapeutic Art (A) 9 (D) - Library All food Dressure Check (LR) 9:30a- Therapeutic Art (A) 9 (D) - Movie (A Tale of Two Cites Formic Graphin (A) 10a- Independent Exercise (C) 10:3a- Gardening Group (P) (D) - Movie (The Young Messiah- 13 9:30a- Exploring the Tianic (A) 2:30a- Wellness Tuesday (LR) 9 (D) - Movie (The Young Messiah- 13:30a- Exploring the Tianic (A) 2:30a- Wellness Tuesday (LR) 10:3a- Gardening Group (P) (D) - All shout Passover (A) 16:3a- Back Manicures (S) 10a- Blood Pressure Check (LR) 10:3a- Gardening Group (P) (D) - Saet Wellness Tuesday (LR) 10a- Blood Pressure Check (LR) <td< th=""><th>(C)- Commons (A) - Activities 9:30a-Factor Foolery (A) (Da-Biold Pressure Check (LR) (Da-Biold Pressure Check</th><th> (C)- Commons (A)- Activities (DP)- Dining Room (P)- Porch (D)- Cutside <li< th=""></li<></th></td<></th>	(C)- Commons 9:30a- Fact or Foolery (A) 1 (A)- Activities 9:30a- Fact or Foolery (A) 1 (DR)- Dining Room (P)- Porch 10a-Bood Pressure Check (LR) (LR)- Living Room (C) 0:15a- Functional Fitness (C) (D)- Outside (LI)- Library 2:30p- Grief Support Group (D) 9:30a- Star of the Month- Charlie Chaplin (A) 10a-Bood Pressure Check (LR) 19:35) (C) 9:30a- Star of the Month- Charlie Chaplin (A) 10a-Bood Pressure Check (LR) 19:35) (C) 10a-Independent Exercise (C) 10a-Bood Pressure Check (LR) 19:30a- Walking Group (P) 1p- Crafts (Ceramic Egg Painting) (A) 3:30p- Music and Milkshakes with Bob Recupero (C) 10:30- Walking Group (P) 1p- Seated Yoga (C) 3:30a- Wellness Tuesday (LR) 10:- Independent Exercise (C) 10a-Bood Pressure Check (LR) 10:- Mayenderet Exercise (C) 10:- Crafts (Bumble Bee Frames) 10:- Mayenderet Exercise (C) 10:- Sa-	(C) - 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Saet Wellness Tuesday (LR) 10a- Blood Pressure Check (LR) <td< th=""><th>(C)- Commons (A) - Activities 9:30a-Factor Foolery (A) (Da-Biold Pressure Check (LR) (Da-Biold Pressure Check</th><th> (C)- Commons (A)- Activities (DP)- Dining Room (P)- Porch (D)- Cutside <li< th=""></li<></th></td<>	(C)- Commons (A) - Activities 9:30a-Factor Foolery (A) (Da-Biold Pressure Check (LR) (Da-Biold Pressure Check	 (C)- Commons (A)- Activities (DP)- Dining Room (P)- Porch (D)- Cutside <li< th=""></li<>

The Gables at East Mountain, Rutland, VT 05701

* All activities and locations subject to change