


April 2024


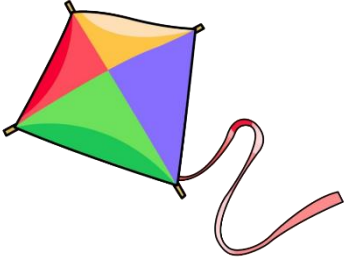


Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 10:15 Dollar Store Shopping (B) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Let's go for a Walk (Lby) 9:30 Men's Coffee Crew (3AC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:30 Volleyball (Lby) 1:30 Advisory Committee (3AC) 2:00 Armchair Travel: Berlin (CR)	10:30 Zoology Facts- Colorado Bison (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 4:00 Wine Down Wednesday Social (Lby) 7:00 Bingo (GS)	9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:15 Resident Welcomers (Lib) 11:00 Construction Update (CR) 1:00 Choir 2:00 Give Unto Others (GCS) 3:00 Rummikub (3AC)	10:30 Bingo (2AC) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 1:30 Chris Wells (CR)	8:00 Activity Packets (AN) 10:00 Morning Movers (2AC) 10:15 Rummikub (3AC) 1:30 Bingo (GS) 2:30 Joyce Singing (Lby)
7	8	9	10	11	12	13
9:00 Sunday Stroll (Lby) 10:30 Sunday Worship (CR) 1:00 Bridge (3AC) 2:30 Victoria & Abdul- Sunday Movie (CR) 3:30 Crafting Corner (GCS)	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:00 Active Minds-Leonardo Da Vinci (CR) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Let's go for a Walk (Lby) 9:30 Men's Coffee Crew (3AC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:30 Let's Meet Joanna (CRA) 2:00 Route 36: Ohio to Colorado by Allen (CR) 3:00 Resident Council (CR)	10:00 Koelbel Library (Lib) 10:30 Zoology Facts- Bighorn Sheep (CR) 12:00 Ladies Lunch in Black Eyed Pea (DR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 4:00 Wine Down Wednesday Social (Lby) 7:00 Bingo (GS)	9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:00 Food Forum (DR) 11:00 Construction Update (CR) 1:00 Choir 2:00 Fiddlin Fran playing her Violin (Lby) 3:00 Rummikub (3AC)	9:30 Painting with Cliff (GCS) 10:30 Bingo (2AC) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC)	8:00 Activity Packets (AN) 10:00 Morning Movers (2AC) 10:15 Rummikub (3AC) 1:30 Bingo (GS)
14	15	16	17	18	19	20
9:00 Sunday Stroll (Lby) 10:30 Sunday Worship (CR) 1:00 Bridge (3AC) 1:00 Gen Tech Computer Support (Lib) 2:00 Noah - Sunday Movie (CR) 3:30 Crafting Corner (GCS)	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 1:30 Resident Sharing (CR) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Let's go for a Walk (Lby) 9:30 Men's Coffee Crew (3AC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:30 Volleyball (Lby) 2:00 Armchair Travel: Paris Side Trips (CR)	10:00 Bible Study (CR) 11:00 Zoology Facts- Black Bear (CR) 12:00 Men's Lunch In Black-Eyed Pea (DR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:30 April Jeopardy Trivia (CR) 4:00 Wine Down Wednesday Social (Lby) 7:00 Bingo (GS)	9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:30 Fireside Chat (Lby) 11:00 Construction Update (CR) 12:00 Birthday Luncheon (DR) 1:00 Choir 3:00 Rummikub (3AC)	10:30 Bingo (2AC) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 2:00 Music with Bonnie (Lby)	8:00 Activity Packets (AN) 10:00 Morning Movers (2AC) 10:15 Rummikub (3AC) 1:30 Bingo (GS)

Bold activity = Sign up mandatory

GCS = Grand Central Station, Lby = Lobby, B = Bus, FC = Fitness Center, 3AC = 3rd Floor AL Alcove, HC = Health Clinic, CR = Community Room, GS = Gift Shop, Lib = Library, 2AC = 2nd Floor AL Alcove, AN = All Neighborhoods, CRA = Community Room Alcove, DR = Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
9:00 Sunday Stroll (Lby) 10:30 Sunday Worship (CR) 1:00 Bridge (3AC) 1:00 Gen Tech Computer Support (Lib) 2:30 The Other Boleyn Girl- Sunday Movie (CR) 3:30 Crafting Corner (GCS)	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Active Minds- History of Horses & Horse Racing (CR) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Let's go for a Walk (Lby) 9:30 Men's Coffee Crew (3AC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:30 Spring Flower Arrangements (GS) 1:30 Catholic Mass (3AC) 2:00 Armchair Travel: Sicilian Delights (CR)	10:00 Koelbel Library (Lib) 10:00 Bible Study (CR) 11:00 Zoology Facts- Mountain Lion (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:30 Men Vs Ladies Games(CR) 3:15 April Modern Trivia (CR) 4:00 Wine Down Wednesday (Lby) 7:00 Bingo (GS)	9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:00 Baking Zucchini Bread (CR) 11:00 Construction Update (CR) 1:00 Choir 2:00 Birthday Social with Dean on the Cello (Lby) 3:00 Rummikub (3AC) 4:00 Who Am I? (CR)	10:30 Bingo (2AC) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 2:15 Travelogue- Scottish Highlands (CR) 3:15 Joggin Your Noggin (2AC)	8:00 Activity Packets (AN) 10:00 Morning Movers (2AC) 10:15 Rummikub (3AC) 1:30 Bingo (GS) 2:00 Sands of Iwo Jima Movie (CR) 3:00 Music with Joyce (Lby)
28	29	30				
9:00 Sunday Stroll (Lby) 10:30 Sunday Worship (CR) 1:00 Bridge (3AC) 1:00 Gen Tech Computer Support (Lib) 2:30 Downtown Abbey- Sunday Movie (CR) 3:30 Crafting Corner (GCS)	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Volunteer Pie Social (CRA) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Let's go for a Walk (Lby) 9:30 Men's Coffee Crew (3AC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:30 Volleyball (Lby) 2:00 Armchair Travel: Baltic Sisters (CR)				

Bold activity = Sign up mandatory

GCS = Grand Central Station, Lby = Lobby, B = Bus, FC = Fitness Center, 3AC = 3rd Floor AL Alcove, HC = Health Clinic, CR = Community Room, GS = Gift Shop, Lib = Library, 2AC = 2nd Floor AL Alcove, AN = All Neighborhoods, CRA = Community Room Alcove, DR = Dining Room