

Different



Not Less

APRIL 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- 2nd** 2nd Floor
- Flr**
- CS** RSC Office/ Country Store
- DR** Dining Room
- Out** Outdoors
- ER** Exercise Room
- MR** Mail Room
- RCD** Reception desk
- FFL** First Floor Lobby
- BS** Beauty Shop
- TV** TV Lounge
- LIB** Library
- AR** Activity Room

If you would like to see an activity/event not reflected on the calendar, please see

RSC/Administrator.

Activities are subject to change.

Monthly wellness checks conducted by nursing the 1st - 5th

♥ - Activity must be signed up for prior to event.

\$ - Smart Buck Activity

Dimensions of Wellness	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7) ER 10:00 Spring Coloring Contest Begins! MR 10:30 Country Store Open (10:30 -11) CS 1:00 \$ Exercise Games with Michael 2nd Flr 1:30 \$ Scattergories and Blank Slate 2nd Flr	02 8:30 Doctor Appointments/Open Transportation RCD 9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7) ER 9:00 Walmart trips FFL 2:00 \$ National PB&J Day Trivia! 2nd Flr	03 9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7) ER 10:00 Beautician BS 10:00 \$ Exercises with Bands 2nd Flr 1:00 Copper Creek Christian Church TV 1:00 Country Store Open (1 - 1:30) CS 2:00 Bingo with Michael DR	04 9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7) ER 10:00 Country Store Open (10 - 10:30) CS 11:00 ♥ Luncheon - Freddy's FFL 1:00 \$ Cookies & Chat with Kara! FFL 2:00 Live Entertainment w/ The 60's Chicks DR	05 9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7) ER 10:00 \$ Chair Exercises with Michael 2nd Flr 1:00 Country Store Open (1 - 1:30) CS 2:00 Smart Bucks Prize Drawing! DR	06 9:00 Card Games - activity room 2nd Flr 10:00 Bible Study LIB 10:30 Weekly Chronicles & Word Games (pick up) RCD
	07 9:30 TV Stream - church services FFL 1:00 Sunday Matinee Movie TV	08 10:00 \$ Coffee Group! 2nd Flr 10:30 \$ Exercise Games with Michael 2nd Flr 1:00 ♥ Ceramics AR 1:30 ♥ Solar Eclipse Party! - Outside 2nd	09 8:30 Doctor Appointments/Open Transportation RCD 9:00 Walmart trips FFL 1:00 Discovery with Therapy! 2nd Flr	10 9:30 Mother of Perpetual Help Communion TV 10:00 Beautician BS 10:00 \$ Exercises with Bands 2nd Flr 1:00 Country Store Open (1 - 1:30) CS 2:00 Bingo with Michael DR 3:15 Partners for Pets FFL	11 9:00 Walmart Trips FFL 1:00 \$ Cookies & Chat with Kara! FFL 1:30 \$ Activity / Calendar Meeting 2nd Flr 2:00 Wii Bowling League Sign-up Meeting! 2nd Flr	12 10:00 \$ Chair Exercises with Michael 2nd Flr 10:30 ♥ Cooking w/ Sandy! AR 1:00 Country Store Open (1 - 1:30) CS 1:30 Manicures! with Michael 2nd Flr	13 9:30 National Twinkie Day! RCD 10:00 Bible Study LIB 10:30 Weekly Chronicles & Word Games (pick up) RCD
	14 9:30 TV Stream - church services FFL 1:00 Sunday Matinee Movie TV	15 10:00 \$ Exercise Games with Michael 2nd Flr 10:30 Country Store Open (10:30 -11) CS 1:00 ♥ \$ Walk in the Park 2nd Flr 2:00 National ASL - Guest Teacher 2nd Flr	16 8:30 Doctor Appointments/Open Transportation RCD 9:00 Walmart trips FFL 9:00 National Bean Counter's Day - Guess how many Beans in the Jar! RCD 2:00 Live Entertainment w/ Ed Settle DR	17 10:00 Beautician BS 10:00 \$ Exercises with Bands 2nd Flr 1:00 Country Store Open (1 - 1:30) CS 2:00 Bingo with Michael DR 7:00 Night at the Movies w/ Michael DR	18 10:00 Country Store Open (10 - 10:30) CS 11:00 ♥ Luncheon - White Castle FFL 1:00 \$ Cookies & Chat with Kara! FFL 3:30 \$ iN2L Brain Exercises with Michael 2nd Flr	19 10:00 \$ Chair Exercises with Michael 2nd Flr 10:30 Country Store Open (1 - 1:30) CS 1:30 BBQ with Michael & Todd Out	20 9:00 Card Games - activity room 2nd Flr 9:00 Cupcake Bingo w/ Michael! 2nd Flr 10:00 Bible Study LIB 10:30 Weekly Chronicles & Word Games (pick up) RCD
	21 9:30 TV Stream - church services FFL 1:00 Sunday Matinee Movie TV	22 10:00 \$ Chair Exercise 2nd Flr 1:00 ♥ Ceramics AR 2:00 Bamboozle! - Jelly Bean Day! 2nd Flr	23 8:30 Doctor Appointments/Open Transportation RCD 9:00 Walmart trips FFL 2:00 \$ Resident Council DR 2:30 \$ Food Council DR	24 10:00 Beautician BS 10:00 \$ Exercises with Bands 2nd Flr 1:00 Country Store Open (1 - 1:30) CS 1:15 Wii Bowling League vs. O'Fallon! DR 3:15 Partners for Pets FFL	25 9:00 Walmart Trips FFL 2:00 Monthly Birthdays Party and Coloring Contest Winner! DR 3:30 \$ iN2L Brain Exercises with Michael 2nd Flr	26 10:00 \$ Chair Exercises with Michael 2nd Flr 1:00 Country Store Open (1 -1:30) CS 1:00 ♥ Spring Planting Meeting! 2nd Flr 2:00 Manicures! with Michael 2nd Flr	27 10:00 Bible Study LIB 10:30 Weekly Chronicles & Word Games (pick up) RCD
	28 9:30 TV Stream - church services FFL 1:00 Sunday Matinee Movie TV	29 10:00 \$ Coffee Group! 2nd Flr 10:30 Country Store Open (10:30 -11) CS 1:00 \$ Exercise Games with Michael 2nd Flr 1:30 ♥ Crafts with Michael 2nd Flr 2:30 \$ iN2L World Wish Day Trivia 2nd Flr	30 8:30 Doctor Appointments/Open Transportation RCD 9:00 Walmart trips FFL 10:00 National Therapy Dog Day! With special guest! FFL				