

APRIL 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

Meeting Places

- Outing
- Dining Room
- Activity Room
- Country Store
- Lobby
- Resident's Room
- Apartment
- Lounge
- White Oaks

*If you would like an activity/service that's not reflected on the calendar, please see the RSC/Administrator.

*Activities subject to change.

*Monthly wellness checks conducted the 1st-5th.

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|---|---|---|---|--|---|---|---|
| | | 01 9:45 Chair Exercise AR 10:30 Country Store CS 1:20 Cubs Home Opener DR 6:00 Independent Board Games AR | 02 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 1:00 Pet Visit Cooper LOB 2:00 Bingo DR 2:00 Confession (Sign Up @ Front Desk) RR | 03 9:45 Chair Exercise AR 10:30 Manicures AR 1:30 Outing-Millie's O 6:00 Independent Adult Coloring AR | 04 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 10:30 Catholic Communion AR 1:00 Pet Visit Cooper LOB 2:00 Jeopardy AR 5:15 Craft AR | 05 9:45 Chair Exercise AR 1:45 Dance Party DR 2:00 Bingo DR 3:00 Happy Hour and Music DR 6:00 Independent Dice Games AR | 06 All Day Activity Pack-pick up at front desk IND,DR \$ 10:30 Exercises AR 1:00 Saturday Movie w/ Snack AR 6:00 Independent Card Games AR | |
| | 07 All Day Activity Pack-pick up at front desk IND,DR \$ 10:30 Exercises AR 11:00 Mass on Ch. 119 Apt. 1:30 Games w/ Leggee Students DR 2:00 Bingo w/ Fran DR 5:00 Sunday Movie L | 08 9:45 Chair Exercise AR 10:30 Country Store CS 1:30 Cornhole/Bags AR 3:00 Card Games AR 6:00 Independent Board Games AR | 09 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 1:00 Pet Visit Cooper LOB 2:00 Bingo DR 2:00 Live Music by Randy w.o. | 10 9:45 Chair Exercise AR 10:00 Discovery Series AR 10:30 Manicures AR 1:30 Outing-Walmart O 3:00 Jeopardy AR 6:00 Independent Adult Coloring AR | 11 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 10:30 Catholic Communion AR 1:00 Pet Visit Cooper LOB 2:00 Live Music by Kevin DR 2:00 Lutheran Service AR 5:15 Craft AR | 12 9:45 Chair Exercise AR 1:45 Dance Party DR 2:00 Bingo DR 3:00 Heinman Middle School Honors Choir DR 6:00 Independent Dice Games AR | 13 All Day Activity Pack-pick up at front desk IND,DR \$ 10:30 Exercises AR 1:00 Saturday Movie w/ Snack AR 6:00 Independent Card Games AR | |
| | 14 10:30 Exercises AR 11:00 Mass on Ch. 119 Apt. 1:30 Activity w/ Leggee Students (Ambassadors) DR 2:00 Bingo with Marie DR 5:00 Sunday Movie L | 15 9:45 Chair Exercise AR 10:30 Country Store CS 2:00 Food Council Meeting DR 3:00 Wheel of Fortune AR 6:00 Independent Board Games AR | 16 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 1:00 Pet Visit Cooper LOB 2:00 Bingo DR | 17 9:45 Chair Exercise AR 10:30 Manicures AR 2:00 Outing-Leggee 5th Grade Concert (need an ID) O 3:00 Jeopardy AR 6:00 Independent Adult Coloring AR | 18 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 10:30 Catholic Communion AR 1:00 Pet Visit Cooper LOB 2:00 Resident Council Meeting DR 5:15 Craft AR | 19 9:45 Chair Exercise AR 10:30 Chapel Service w/ Gentiva Hospice Chaplin AR 2:00 "Lincoln as Storyteller" Presentation DR 3:00 Happy Hour and Music DR 6:00 Independent Dice Games AR | 20 All Day Activity Pack-pick up at front desk IND,DR \$ 10:30 Exercises AR 1:00 Saturday Movie w/ Snack AR 6:00 Independent Card Games AR | |
| | 21 All Day Activity Pack-pick up at front desk IND,DR \$ 10:30 Exercises AR 11:00 Mass on Ch. 119 Apt. 1:30 Craft w/ Leggee Students DR 2:00 Bingo w/ Fran DR 5:00 Sunday Movie L | 22 9:45 Chair Exercise AR 10:30 Country Store CS 1:30 Cornhole/Bags AR 3:00 Card Games AR 6:00 Independent Board Games AR | 23 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 1:00 Pet Visit Cooper LOB 2:00 Bingo DR | 24 9:45 Chair Exercise AR 10:30 Manicures AR 1:30 Wine & Cheese Social AR 3:00 Jeopardy AR 6:00 Independent Adult Coloring AR | 25 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:30 Country Store CS 10:30 Catholic Communion AR 1:00 Pet Visit Cooper LOB 2:00 Lutheran Church Service-St. Peter AR 5:15 Craft AR | 26 9:45 Chair Exercise AR 1:45 Dance Party DR 2:00 Bingo DR 3:00 Happy Hour and Music DR 6:00 Independent Dice Games AR | 27 All Day Activity Pack-pick up at front desk IND,DR \$ 10:30 Exercises AR 1:00 Saturday Movie w/ Snack AR 6:00 Independent Card Games AR | |
| | 28 All Day Activity Pack-pick up at front desk IND,DR \$ 10:30 Exercises AR 11:00 Mass on Ch. 119 Apt. 1:30 Show and Tell w/ Leggee Students DR 2:00 Bingo with Marie DR 5:00 Sunday Movie L | 29 9:45 Chair Exercise AR 10:30 Country Store CS 1:30 Baking Club AR 2:00 Pet Visits w/ Riley L 3:00 Wheel of Fortune AR 6:00 Independent Board Games AR | 30 8:30 Doctor appt- sign up LOB 9:45 Chair Exercise AR 10:15 Hand Massages-Sign up at front desk AR 1:00 Pet Visit Cooper LOB 2:00 Bingo DR | <p>Dimensions of Wellness International Council on Active Aging®</p> | | <p>April Birthdays:</p> <p>Loyce C. 4/2</p> <p>Pam B. 4/5</p> <p>Karen S. 4/6</p> <p>Marie M. 4/17</p> <p>JoAnn G 4/30</p> | | <p>Come Join Us:</p> <p>1st: Cubs Home Opener</p> <p>12th: Heinman Middle School Honors Choir</p> <p>19th: Lincoln as Story-Teller</p> |

