

If you would like to see an activity/service not reflected on the calendar please see RSC/Administrator.



Nursing monthly wellness checks

APRIL 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- ML** Main Lobby
- ECS** Elevator Common Space
- HC** Hall Cart
- GS** General Store
- A** Your Apartment
- DR** Dining Room
- GP** Gathering Place
- B** Bistro
- AR** Activity Room

Please Speak with Activities or Reception to help set up family visits. You must be off quarantine.

When out of your room, please wear a mask and wash your hands

Resident Council is for everyone to participate. A survey will be shared with everyone who is unable to attend because they are finishing their quarantine.	Religious Service listings: First Christian Church: Online on FCCOC.org or on the Radio 91.1 FM 11:30-12pm North Christian Church: Follow on Facebook and Youtube for online services.	All small group activities must be signed up for, call reception to be put on the list			09:30a April Fools Day ML 01:30p Easter Egg Decorating DR 03:00p Small Group Bingo DR	10:00a General Store Open GS 11:00a ViVera Easter Egg Hunt ML 05:00p Sci-Fi Movie Night GP	08:00a Work on Weekend Packet A 02:00p Independent Exercise A 02:00p Quarantine Pen Pals A
Easter 04 07:00a Religious Service Listing A 11:00a Relaxation at Home: Meditation & Breathing A 11:30a Coloring Collection A	05 09:30a Drum Circle Exercise ECS 01:00p Easter Egg Hunt ML 03:00p Be Happy Day: What Makes you Happy? B	06 10:00a General Store Open GS 01:00p Shopping Trip: Walmart ML 03:00p Make Caramel Popcorn AR	07 09:30a Morning Walk ML 01:00p Word Play: Word/Letter Puzzle A 03:00p Independent card Games A	08 11:00a Masters Putting Tournament GP 01:00p Resident Council DR 03:00p Small Group Bingo DR	09 10:00a Masters Tournament Trivia DR 01:00p Build A Kite Craft DR 03:00p Weekend Packet-Passed Out A	10 08:00a Work on Weekend Packet A 02:00p Independent Exercise A 02:00p Quarantine Pen Pals A	
11 07:00a Religious Service Listing A 11:00a Relaxation at Home: Meditation & Breathing A 11:30a Coloring Collection A	12 09:30a Independent Chair Exercise ECS 12:00p National Grilled Cheese Day: Lunch DR 02:00p Moon and Space Trivia Packet A	13 10:00a Small Group Scrabble A 01:00p Bunny Glass Decoration HC 03:00p Children's Day: Family Story Sharing DR	14 09:30a Morning Walk ML 01:00p Word Play: Word/Letter Puzzle A 03:00p Independent card Games A	15 10:30a Baseball Trivia DR 01:00p Make Your Own Baseball Card DR 03:00p Small Group Bingo DR	16 10:00a General Store Open GS 01:30p Dance Party Exercise GP 03:00p Weekend Packet-Passed Out A	17 08:00a Work on Weekend Packet A 02:00p Independent Exercise A 02:00p Quarantine Pen Pals A	
18 07:00a Religious Service Listing A 11:00a Relaxation at Home: Meditation & Breathing A 11:30a Coloring Collection A	19 09:30a Drum Circle Exercise ECS 01:00p Math Wiz: Addition Champions DR 03:00p Garden Group ML	20 08:00a Dress as Twins Day ML 01:00p General Store Open GS 03:00p Small Group Scrabble A	21 09:30a Morning Walk ML 01:00p Word Play: Word/Letter Puzzle A 03:00p Independent card Games A	22 08:30a How Many Jelly Beans? DR 01:00p Earth Day Group Mural DR 03:00p Small Group Bingo DR	23 09:30a World Book Day: Book Mobile ML 01:00p Spanish Word Matching DR 03:00p Weekend Packet-Passed Out A	24 08:00a Work on Weekend Packet A 02:00p Independent Exercise A 02:00p Quarantine Pen Pals A	
25 07:00a Religious Service Listing A 11:00a Relaxation at Home: Meditation & Breathing A 11:30a Coloring Collection A	26 09:30a Drum Circle Exercise ECS 02:00p Muffin Making with Tim DR 03:00p Garden Group ML	27 10:00a Small Group Scrabble A 01:00p Shopping Trip: Kroger ML 03:00p Morse Code: Solve the Puzzle DR	28 09:30a Morning Walk ML 01:00p Word Play: Word/Letter Puzzle A 03:00p Independent card Games A	29 10:00a Small Group Scrabble DR 02:30p Card Board Flower Bouquet DR 03:00p Small Group Bingo DR	30 10:00a General Store Open GS 01:30p Ice cream Shop Open B 03:00p Weekend Packet-Passed Out A	Please schedule a daily walk with Peyton in activities or Donna at the front desk. Lets get out and explore	