

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easter 1 10:00 Let the Bible Speak 10:30 Exercise Tape 2:30 Easter Mass 6:30 Brookridge Troubadours	10:15 Sitter Yoga w/YMCA 2 1:30 Catholic Mass 2:30 Musical Bingo 3:30 Flex & Stretch 6:30 Millionaire w/Dave	9:15 Morning Prayer & Praise 3 10:00 PE Movin' & Groovin' w/Jen 1:00 Tai Chi w/Debi 2:30 Safety First -a presentation by Rachelle Connon OTRL 6:30 Bingo	9:00 Foot Care w/ Kate's Place 4 11:00 Trivia 1:00 AE Exercise tape 1:15 Shopko Outing 1:30 Rosary w/Fae 3:30 CE Armchair Explorer 6:30 CC Wags & Wiggles- Pet Therapy	9:15 Morning Connection 5 10:00 Moving for better Balance 1:30 Resident Council 2:30 Let's Create 6:30 Matters of the Heart	9:00 Manicures /classic TV 6 10:15 Sittercise w/YMCA 1:00 Tai Chi w/Debi 2:00 LL Happy Hour w/Jim Pederson 7:00 Movie Night w/ Popcorn	10:15 Exercise Tape 7 2:00 Coffee Clutch 2:00 Bowling 3:00 LL Games w/Friends 6:30 Bingo w/Steve
10:00 Let the Bible Speak 8 10:30 Exercise Tape 3:30 SS Gospel Hour w/ Dale, Jerry & Bob 6:30 Brookridge Troubadours	10:15 Sittercise 9 1:30 Catholic Mass 2:30 Musical Bingo 3:30 Flex & Stretch 4:00 SS Women's Bible Study 6:30 Millionaire w/Dave	9:15 Morning Prayer & Praise 10 10:00 PE Movin' & Groovin' w/Jen 1:00 Tai Chi w/Debi 1:30 A Novel Idea (Reading Group) w/ Bev Tobin 2:30 Let's Create 6:30 Bingo	11:00 Trivia 11 1:00 AE Exercise tape 1:30 Rosary w/Fae 2:00 Celebration of Life 3:30 CE Armchair Explorer 6:30 CC Wags & Wiggles- Pet Therapy	1:00 Help us decorate for the Dinner 12 5:00 Family Easter Dinner	9:00 Manicures /classic TV 13 10:15 Sittercise w/YMCA 1:00 Tai Chi w/Debi 2:00 LL Happy Hour w/Chris Valenti 7:00 Movie Night w/ Popcorn	10:15 Exercise Tape 14 2:00 Bowling 3:00 LL Games w/Friends 6:30 Bingo w/Steve
10:00 Let the Bible Speak 15 10:30 Exercise Tape 2:30 SS Worship. Service w/Jim Larson 6:30 Brookridge Troubadours	NATIONAL WEAR YOUR PJ'S DAY-Breakfast for Dinner! 16 10:15 Sitter Yoga w/YMCA 1:30 Catholic Mass 2:30 Musical Bingo 3:45 CE Birding Basics W/Scot Stewart 4:00 SS Women's Bible Study 6:30 Millionaire w/Dave	9:15 Morning Prayer & Praise 17 10:00 PE Movin' & Groovin' w/Jen 1:00 Tai Chi w/Debi 2:00 Coffee Clutch 3:00 Let's Create 6:30 Bingo	11:00 Trivia 18 1:00 AE Exercise tape 1:30 Rosary w/Fae 2:00 Cooking w/Adam 3:30 CE Armchair Explorer 6:30 CC Wags & Wiggles- Pet Therapy	9:15 Morning Connection 19 10:00 Moving for better Balance 2:00 Dr. Surrell/U.P. History-Germfask, MI. 3:30 L-C-R Game 6:30 Games w/Kristy	9:00 Manicures /classic TV 20 10:15 Sittercise w/YMCA 1:00 Tai Chi w/Debi 2:00 LL Happy Hour w/Pierre 7:00 Movie Night w/ Popcorn	10:15 Exercise Tape 21 2:00 Bowling 3:00 LL Games w/Friends 6:30 Bingo w/Steve
10:00 Let the Bible Speak 22 10:30 Exercise Tape 2:00 Accordion Music w/ Mike Prokopowicz 6:30 Brookridge Troubadours	10:15 Sittercise 23 1:30 Catholic Mass 2:30 Musical Bingo 3:30 Flex & Stretch 4:00 SS Women's Bible Study	9:15 Morning Prayer & Praise 24 10:00 PE Movin' & Groovin' w/Jen 1:00 Tai Chi w/Debi 1:30 A Novel Idea-(Reading Group) w/ Bev Tobin 3:30 Worship w/ST. Paul's Episcopal church 6:30 Bingo	11:00 Trivia 25 1:00 AE Exercise tape 1:30 Rosary w/Fae 2:00 Taste & Tell w/ Adam 3:30 CE Armchair Explorer 6:30 CC Wags & Wiggles- Pet Therapy	9:15 Morning Connection 26 10:00 Moving for better Balance 2:00 Adventures w/Fred-Birch MI. & Other Ghost towns in Mqt. County. 3:30 Let's Create 6:30 Games w/Kristy	9:00 Manicures /classic TV 27 10:15 Sittercise w/YMCA 1:00 Tai Chi w/Debi 2:00 LL Happy Hour w/Dave Berry 7:00 Movie Night w/ Popcorn	10:15 Exercise Tape 28 2:00 Bowling 3:00 LL Games w/Friends 6:30 Bingo w/Steve
10:00 Let the Bible Speak 29 10:30 Exercise Tape 6:30 Brookridge Troubadours	10:15 Sitter Yoga w/YMCA 30 1:30 Catholic Mass 2:30 Musical Bingo 3:30 Flex & Stretch 4:00 SS Women's Bible Study	 Brookridge Heights Assisted Living & Memory Care 1901 Division Street Marquette, MI 49855 (906) 225-4488				

- AE** Artistic Expression
- CC** Community Connections
- CE** Continuing Education
- LL** Lifestyle & Leisure
- PE** Physical Engagement
- SS** Spiritual Support