The	Willows	- Personal Care	

## April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About	<ul> <li>April Fools Day</li> <li>V 10:30 Morning Yoga Class with Danika - TS</li> <li>I 11:00 Morning Devotions - TS</li> <li>O 11:30 Lunch Outing:</li></ul>	1 11:00 Moming Devotions - TS 5 2:00 PC Resident Council- AR A 3:30 Art: Making Easter Center Pieces for the Dining Room! - AR	3  K 10:15 IN2L Games & Puzzles- TS I 10:45 Morning Devotions and Communion with 1st Christian Church-TS A 1:30 Art class with Gary Bertram - AR I 3:30 Wackier World of Birds Presentation! - TS	K10:00 Coffee and Conversation - PC Cafe I 11:00 Moming Devotions - TS I 2:30 Brain Fit Week 5: Stress - TS V 4:00 TrilogyFit- AR GC 6:00 Evening Bingo- TS	CC10:00 Culinary Creations: Guacomole and chips! - TS I 10:00 Catholic Communion w/ Father List- IRV K 10:30 Moming Triva! - TS I 11:00 Moming Devotions - TS O 1:15 Scenic Drive! M 3:00 Happy Hour with music	V 10:00 Moming Games: Basketball- TS GC 10:30 Weekend Bingo TS M 1:30 Music with Dave Butler K 3:00 Scrabble - PC V 4:00 TrilogyFit - AR
M 10:30 SingFit- TS K 1:30 Puzzles - TS I 2:00 Sunday Inspirational Service - HCDR Lifelong Learning: History of Prohibition - PC	V 10:30 Morning Yoga Class with Danika - TS I 11:00 Morning Devotions - TS V 2:15 Bingocize with UK Students - TS V 4:00 TrilogyFit- AR O 4:45 Dinner Outing: Olive Garden!	11:00 Morning Devotions - TS 1:45 Chef Circle - TS 2:15 April Birthday Celebration w/ Harley Cannon music- TS A 3:30 Planting for Spring in the Courtyard!	I 10:00 Southland Bible Study! - AR I 11:00 Moming Devotions - TS A 1:30 Art: Working on the Hamburg Scrapbook - AR  K 3:30 Let's Play Mexican Train Dominoes - PC	K10:00 Coffee and Conversation - PC Cafe I 11:00 Moming Devotions - TS S 2:00 Shopping with Papparazzi Jewerly and Avon Beauty Products! - TS V 4:00 TrilogyFit- AR GC 6:00 Evening Bingo- TS	12 CC 10:00 Culinary Creations: Mini Grilled Cheese Sandwiches - TS I 10:00 Catholic Communion w/ Father List- IRV K 10:30 Moming Triva! - TS I 11:00 Moming Devotions - TS O 1:15 Scenic Drive! M 3:00 Campus Happy Hour:	V10:00 Morning Games: Bean Bag Toss! - TS GC10:30 Weekend Bingo TS M 2:00 Tommy H & Angie Gospel music- TS K 2:15 Let's Play Uno! V 4:00 TrilogyFit - AR
M 10:30 SingFit- TS K 1:30 Puzzles - TS I 2:00 Sunday Inspirational Service - HCDR L 3:30 Lifelong Learning: Woman's Suffrage - PC	Tax Day  V 10:30 Morning Yoga Class with Danika - TS  I 11:00 Morning Devotions - TS  V 2:15 Bingocize with UK Students - TS  V 4:00 TrilogyFit- AR  M 6:00 Evening Music with Gary Bertram - PC	16  G10:00 Men's Coffee and Donuts! - AR  I 11:00 Moming Devotions - TS  O 1:15 Outing: Mary Todd Lincoln House Tour! (\$15.00 per person)  C 3:45 Chef Circle - TS	I 10:00 Southland Bible Study! - AR I 11:00 Moming Devotions - TS A 1:30 Art: Shaving Cream Easter Egg Painting with students - TS S 2:00 Activity Planning Meeting - TS K 3:30 Ladies Afternoon Tea! -	18  K 10:00 Making Easter Gifts - AR  I 11:00 Morning Devotions - TS  GC 2:30 Kite Flying for National Kite Flying Month! - Outiside PC Doors  S 3:45 PC Hamburg Store - AR  V 4:00 TrilogyFit- AR  GC 6:00 Evening Bingo- TS	19 Passover Begins  C10:00 Culinary Creations: Bunny Chow - TS  I 10:00 Catholic Communion w/ Father List- IRV  K 10:30 Moming Triva! - TS  I 11:00 Moming Devotions - TS  O 1:15 Scenic Drive!  M 3:00 Happy Hour with music by Larry Cory - PC	V 10:00 Morning Games: Bunny Ears Ring Toss - TS GC 10:30 Easter Bingo! - TS GF 2:00 Afternoon Movie: It's the Easter Beagle Charlie Brown! - TS K 3:00 Let's Play Trouble! - PC V 4:00 TrilogyFit - AR
in advance)  1:30 Puzzles - TS  2:00 Sunday Inspirational	<ul> <li>Earth Day</li> <li>V 10:30 Morning Yoga Class with Danika - TS</li> <li>I 11:00 Morning Devotions - TS</li> <li>V 2:15 Bingocize - TS</li> <li>K 3:30 PC Jelly Bean Taste Testing Contest - AR</li> <li>V 4:00 TrilogyFit- AR</li> <li>CC 6:00 Immanuel Baptist Fellowship- TS</li> </ul>	11:00 Morning Devotions - TS 1:00 Chef Circle - PC 1:30 Outing: Coldstone Creamery A 3:30 Art: Derby Day Floats - AR	K10:00 Learning about the Jelly Bean and taste testing! - TS I 10:00 Southland Bible Study! - AR I 10:30 Morning Devotions - TS O 11:15 Outing: Trip to Keeneland!	25  K 10:00 PC Coffee and Conversation: Earth Day Trivia  I 11:00 Moming Devotions - TS  A 2:30 Art: Making Derby Hats! - TS  V 4:00 TrilogyFit- AR  GC 6:00 Evening Bingo- TS	26 CC 10:00 Culinary Creations: Dirt Pudding Cups for Earth Day - TS I 10:00 Catholic Communion w/ Father List- IRV I 11:00 Moming Devotions - TS JG 11:30 Just the Guys Lunch Outing! M 3:00 Happy Hour with Music	V 10:00 Morning Games: Hula Hoop Throw! - TS GC 10:30 Weekend Bingo - TS O 1:30 Scenic Drive! K 3:15 Let's Play Scrabble - AR V 4:00 TrilogyFit - AR
M 10:30 SingFit- TS I 1:30 Puzzles - TS I 2:00 Sunday Inspirational Service - HCDR L 3:30 Lifelong Learning: Inventions and Discoveries of the 1920's - PC	V 10:30 Learning the Charleston Dance with Danika - TS I 11:00 Morning Devotions - TS V 2:15 Bingocize - TS V 4:00 TrilogyFit - AR GF 6:00 Evening Movie: The Great Gatsby! - TS	J 11:00 Morning Devotions - TS Lunch Outing: Old Chicago Pizza C 2:15 Chef Circle - TS A 2:30 Making 1920's Headbands! - TS K 3:30 Let's Play Mexican Train Dominoes - PC	Books and DVD's are located in the Activity Room.  Key Code: TS= Town Square HCDR = Health Center Dining Room UKC = UK Café AR = Activity Room PCDR = Personal Care Dining	Happy Birthday to these residents this month!  2 Barbara H. 2 Juanita D. 17 Ilene J. 24 Annetta B. 25 Imogene W. 29 Dorothy T.		All activities are subject to change. Look at Lifeshare for any updates that are made to the calendar. Thank you!



## The Willows at Hamburg - Health Center ADDP1 2619

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce Lifelong Learning MN - Mindful Moments M - Music to My Ears	April Fools Day  MP 9:15 Mindful Moments Sensory Visits- IRV  V 10:30 Morning Yoga Class with Danika - TS  I 11:00 Morning Devotions - TS  Unch Outing: Cheddars!  V 2:15 Bingocize with UK Students - TS	2 MN 9:15 Mindful Moments Sensory Visits- IRV S 10:00 HC Resident Council- HCDR I 11:00 Moming Devotions - TS A 3:30 Art: Making Easter Center Pieces for the Dining Room! - AR	MP 9:15 Mindful Moments Sensory Visits- IRV K 10:15 IN2L Games & Puzzles- TS I 10:45 Moming Devotions and Communion with 1st Christian Church-TS A 1:30 Art class with Gary Bertram - AR	9:15 Mindful Moments Sensory Visits- IRV 11:00 Moming Devotions - TS 2:30 Brain Fit Week 5: Stress - TS GC 6:00 Evening Bingo- TS	MP 9:15 Mindful Moments Sensory Visits- IRV CC10:00 Culinary Creations: Guacomole and chips! - TS I 10:00 Catholic Communion w/ Father List- IRV K 10:30 Moming Triva! - TS I 11:00 Moming Devotions - TS	9:15 Mindful Moments Sensory Visits- IRV V10:00 Moming Games: Basketball- TS GC 10:30 Weekend Bingo TS M 1:30 Music with Dave Butler
7 MIN 9:15 Mindful Moments Sensory Visits- IRV M 10:30 SingFit- TS I 1:30 Puzzles - TS I 2:00 Sunday Inspirational Service - HCDR	9:15 Mindful Moments Sensory Visits- IRV V 10:30 Morning Yoga Class with Danika - TS I 11:00 Morning Devotions - TS V 2:15 Bingocize with UK Students - TS O 4:45 Dinner Outing: Olive Garden!	9 Mindful Moments Sensory Visits- IRV Lifelong Learning: The Roaring 20's Moming Devotions - TS CC 1:45 Chef Circle - TS April Birthday Celebration w/ Harley Cannon music- TS	MP 9:15 Mindful Moments Sensory Visits- IRV  K 10:15 IN2L Games & Puzzles- TS I 11:00 Moming Devotions - TS A 1:30 Art: Working on the Hamburg Scrapbook - AR  M 4:30 Bob and Tally Music	9:15 Mindful Moments Sensory Visits- IRV  1 11:00 Moming Devotions - TS  5 2:00 Shopping with Papparazzi Jewerly and Avon Beauty Products! - TS  GC 6:00 Evening Bingo- TS	MP 9:15 Mindful Moments Sensory Visits- IRV CC 10:00 Culinary Creations: Mini Grilled Cheese Sandwiches - TS I 10:00 Catholic Communion w/ Father List- IRV K 10:30 Moming Triva! - TS I 11:00 Moming Devotions - TS	MR 9:15 Mindful Moments Sensory Visits- IRV V 10:00 Moming Games: Bean Bag Toss! - TS GC 10:30 Weekend Bingo TS M 2:00 Tommy H & Angie Gospel music- TS
MP 9:15 Mindful Moments Sensory Visits- IRV M 10:30 SingFit- TS M 10:30 SingFit- TS I:30 Puzzles - TS I 2:00 Sunday Inspirational Service - HCDR	Tax Day  9:15 Mindful Moments Sensory Visits- IRV  V 10:30 Morning Yoga Class with Danika - TS  I 11:00 Morning Devotions - TS  V 2:15 Bingocize with UK Students - TS  M 6:00 Evening Music with Gary Bertram - PC	16  MP 9:15 Mindful Moments Sensory Visits- IRV  JG 10:00 Men's Coffee and Donuts! - AR  L 10:00 Lifelong Learning: The Roaring 20's  J 11:00 Moming Devotions - TS  Outing: Mary Todd Lincoln House Tour!	<ul> <li>17</li> <li>MR 9:15 Mindful Moments Sensory Visits- IRV</li> <li>K 10:15 IN2L Games &amp; Puzzles- TS</li> <li>I 11:00 Moming Devotions - TS</li> <li>A 1:30 Art: Shaving Cream Easter Egg Painting with students - TS</li> <li>S 2:00 Activity Planning</li> </ul>	9:15 Mindful Moments Sensory Visits- IRV  11:00 Moming Devotions - TS  C:30 Kite Flying for National Kite Flying Month! - Outiside PC Doors  C:40 Evening Bingo- TS		9:15 Mindful Moments Sensory Visits- IRV V10:00 Moming Games: Bunny Ears Ring Toss - TS GC 10:30 Easter Bingo! - TS GF 2:00 Afternoon Movie: It's the Easter Beagle Charlie Brown! - TS
21 Easter  MIN 9:15 Mindful Moments Sensory Visits- IRV  M 10:30 SingFit- TS M 10:30 SingFit- TS S 11:30 Easter Brunch- HCDR/PCDR (Please Call and RSVP a week in advance)  K 1:30 Puzzles - TS	Earth Day  9:15 Mindful Moments Sensory Visits- IRV  10:00 Earth Day Trivia! - TS  V 10:30 Morning Yoga Class with Danika - TS  I 11:00 Morning Devotions - TS  V 2:15 Bingocize - TS CC 6:00 Immanuel Baptist Fellowship- TS	9:15 Mindful Moments Sensory Visits- IRV  L10:00 Lifelong Learning: The Roaring 20's  L11:00 Moming Devotions - TS  CC 1:00 Chef Circle - PC  O 1:30 Outing: Coldstone Creamery  A 3:30 Art: Derby Day Floats -	MP 9:15 Mindful Moments Sensory Visits- IRV  K 10:00 Learning about the Jelly Bean and taste testing! - TS  I 10:30 Moming Devotions - TS  O 11:15 Outing: Trip to Keeneland!	MIN 9:15 Mindful Moments Sensory Visits- IRV  I 11:00 Moming Devotions - TS A 2:30 Art: Making Derby Hats! - TS K 4:00 Let's Play Uno! - TS GC 6:00 Evening Bingo- TS	Pudding Cups for Earth Day - TS	9:15 Mindful Moments Sensory Visits- IRV V10:00 Moming Games: Hula Hoop Throw! - TS GC 10:30 Weekend Bingo - TS 0 1:30 Scenic Drive!
MP 9:15 Mindful Moments Sensory Visits- IRV M 10:30 1920's Sing-a-long! - TS M 10:30 SingFit- TS K 1:30 Puzzles - TS I 2:00 Sunday Inspirational Service - HCDR	MIN 9:15 Mindful Moments Sensory Visits- IRV V 10:30 Learning the Charleston Dance with Danika - TS I 11:00 Morning Devotions - TS V 2:15 Bingocize - TS GF 6:00 Evening Movie: The Great Gatsby! - TS	MIN 9:15 Mindful Moments Sensory Visits- IRV Lifelong Learning: The Roaring 20's Moming Devotions - TS Lunch Outing: Old Chicago Pizza CC 2:15 Chef Circle - TS A 2:30 Making 1920's	Key Code: TS= Town Square, HCDR = Health Center Dining Room, UKC= UK Café, AR = Activity Room, PCDR= Personal Care Dining Room, IRV= In Room Visits  Did you know? You can receive phone call or text reminders about your favorite activities.	All Activities are subject to change: Look to Life Share for updates. Thanks	Come spend your "Hamburg Bucks" on April 26th from 1:30 PM to 2:30 PM in the Town Square. Eam "bucks" at activities.	Happy Birthday to these residents this month!  2 Barbara H. 2 Juanita D. 17 Ilene J. 24 Annetta B. 25 Imogene W. 29 Dorothy T.

## Daily Rhythms Legacy The Willows at Hamburg



## April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About V - Vitality	1 April Fools Day  V Move It Monday Spring Babies C Chocolate Caramel Croissant Relax & Recharge Silly Seeds Senic Drive Feel the Heartbeat Horseshoes Healthy Hands	V Wildflower Tour K Garden Beginnings C Apple Streusel Bread Relax & Recharge A Rain Sticks M I Like You G Life on the Farm Healthy Hands Reminiscing Through Photos	Batter Up  K Matching Colors  Coffee Raisin Bread Relax & Recharge April Showers Print Singin' in the Rain  GG Parachute Games Healthy Hands Shake Loose A Memory	V Spring Sing Along and Dance K Signs of Spring V Mindful Movements C Navy Bean Vegetable Soup Relax & Recharge A Spring Swirl Paint M Shake It Up, Baby! G Flip n' Chips Matching Game Healthy Hands	V Par 4 Golf Club K Spring Basket I John Hughes Ministries C Creamy Caramel Dip Relax & Recharge A Homemade Bird Feeder M Far-Out Disco Happy Hour GC Com Hole Healthy Hands	Ribbon Dance Renny Ante Amish Sugar Cookie Relax & Recharge A Floral Bottle Paint Fabulous Flowers GC Horse Racing Healthy Hands GF Old Time Theater
<ul> <li>Sunday Stretch</li> <li>Opposites</li> <li>Reuben Spread Relax &amp; Recharge</li> <li>Finger Print Dandelion</li> <li>Name That Croon</li> <li>Games We Played As Kids Healthy Hands</li> <li>A Time For Tea!</li> </ul>	Move It Monday Spring Babies Glazed Cinnamon Apples Relax & Recharge Birds of a Feather Senic Drive Feel the Heartbeat Horseshoes Healthy Hands	<ul> <li>Wildflower Tour</li> <li>Garden Beginnings</li> <li>Chocolate Chip Muffins</li> <li>Relax &amp; Recharge</li> <li>Raindrop Collage</li> <li>I Like You</li> <li>Life on the Farm</li> <li>Healthy Hands</li> <li>Reminiscing Through Photos</li> </ul>	V Batter Up K Matching Colors C Pumpkin Bread Relax & Recharge Umbrella Door Hanger Singin' in the Rain G Parachute Games Healthy Hands GF Shake Loose A Memory	V Spring Sing Along and Dance K Signs of Spring V Mindful Movements C Tomato Soup Relax & Recharge A Ink Dyed Coasters M Shake It Up, Baby! G Flip n' Chips Matching Game Healthy Hands	V Par 4 Golf Club Spring Basket John Hughes Ministries Peanut Butter Bites Relax & Recharge A Sensory Bottle M Far-Out Disco Happy Hour GC Com Hole Healthy Hands	V Ribbon Dance Penny Ante Peanut Butter Choc. Chip Cookies Relax & Recharge Ink Blot Psych Painting Fabulous Flowers Horse Racing Healthy Hands
.4	15 Tax Day	16	17	18	19 Passover Begins	20
V Sunday Stretch K Opposites C Cherry Cheesecake Dip Relax & Recharge A String Easter Eggs M Name That Croon G Games We Played As Kids Healthy Hands G A Time For Tea!	Move It Monday Spring Babies Butterscotch Bread Pudding Relax & Recharge Salt Dough Easter Eggs Senic Drive Feel the Heartbeat Horseshoes Healthy Hands	Wildflower Tour Garden Beginnings Apple Pie Oatmeal Dessert Relax & Recharge Creative Storytelling I Like You GC Life on the Farm Healthy Hands F Reminiscing Through Photos	W Batter Up K Matching Colors Banana Wheat Bread Relax & Recharge DIY Seed Bombs Singin' in the Rain GC Parachute Games Healthy Hands Shake Loose A Memory	<ul> <li>Spring Sing Along and Dance</li> <li>Signs of Spring</li> <li>Mindful Movements</li> <li>Slow Cooked Chili</li> <li>Relax &amp; Recharge</li> <li>Garden Markers</li> <li>Shake It Up, Baby!</li> <li>Flip n' Chips Matching Game Healthy Hands</li> </ul>	<ul> <li>V Par 4 Golf Club</li> <li>K Spring Basket</li> <li>John Hughes Ministries</li> <li>Matzah</li> <li>Relax &amp; Recharge</li> <li>Matzah, Matzah, Matzah Cover</li> <li>Far-Out Disco Happy Hour</li> <li>Com Hole</li> <li>Healthy Hands</li> </ul>	Ribbon Dance Penny Ante Snickerdoodles Relax & Recharge Mod Mixed-Media Tree Fabulous Flowers GC Horse Racing Healthy Hands GF Old Time Theater
21 Easter	22 Earth Day	23	24	25	26	27
V Sunday Stretch C Opposites Creamed Ham Dip Relax & Recharge A Rice-and-Beans Easter Eggs Lift Your Voices Games We Played As Kids Healthy Hands A Time For Tea!	<ul> <li>Move It Monday</li> <li>Spring Babies</li> <li>Pumpkin Pie Pudding Relax &amp; Recharge</li> <li>Recycled Plastic Jug Containers</li> <li>Senic Drive</li> <li>Feel the Heartbeat</li> <li>Horseshoes Healthy Hands</li> </ul>	Wildflower Tour Garden Beginnings Peanut Butter Cream Pie Relax & Recharge Creative Storytelling I Like You GG Life on the Farm Healthy Hands GF Reminiscing Through Photos	W Batter Up  Matching Colors  Sugar Cone Choc. Chip Cookies Relax & Recharge  A Favorite Things Collage  M Singin' in the Rain  GC Parachute Games Healthy Hands  GF Shake Loose A Memory	<ul> <li>Spring Sing Along and Dance</li> <li>Signs of Spring</li> <li>Mindful Movements</li> <li>Savory Beef Soup</li> <li>Relax &amp; Recharge</li> <li>Egg Carton Flower Wreath</li> <li>Shake It Up, Baby!</li> <li>Flip n' Chips Matching Game</li> <li>Healthy Hands</li> </ul>	V Par 4 Golf Club Spring Basket I John Hughes Ministries CC Apple Kuchen Bars Relax & Recharge A Artful Tree Rubbing M Far-Out Disco Happy Hour CC Corn Hole Healthy Hands	Ribbon Dance Penny Ante Chewy Oatmeal Cookies Relax & Recharge Water Bottle Wind Spirals Fabulous Flowers GC Horse Racing Healthy Hands GF Old Time Theater
V Sunday Stretch C Opposites BLT Dip Relax & Recharge Pressed Flower Suncatcher Name That Croon Games We Played As Kids Healthy Hands A Time For Tea!	GG Horseshoes	Wildflower Tour Garden Beginnings Elvis' Pudding Cake Relax & Recharge DIY Fresh Flower Hair Bows I Like You Life on the Farm Healthy Hands GF Reminiscing Through Photos	Every Morning (times are approximate 9:00 Vitality 9:30 Keeping it sharp 10:00 Morning Refresher 10:30 Housekeeping 11:00 Artisans 11:30 Lunch Preparation	Every Afternoon (times are approximate)~ Relax and Recharge (following lunch) 2:30 Creative Cooking 3:00 Music to my ears 4:00 Afternoon Pick-Me-Up	Come join the Legacy family and volunteer!	