


# April 2019

## In The Moment – Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<b>1</b> 10:00 <b>PE</b> Yoga (AL) 11:00 <b>CE</b> Mental Marathon 1:30 <b>LL</b> Movie & Popcorn!! [T] 3:00 <b>LL</b> Trivia Pursuit (AL) [MPR] 3:15 <b>PE</b> Let's Walk & Talk 3:45 <b>CE</b> Daily Chronicle 6:00 <b>LL</b> Table Games	<b>2</b> 9:30 <b>PE</b> Stretch, Bend, Twist (flexibility) 10:30 <b>CE</b> Spelling Bee Champs! 11:00 <b>CE</b> Daily Chronicle 1:15 <b>LL</b> SCENIC DRIVE 1:30 <b>LL</b> Bingo [MPR] 3:00 <b>CC</b> HAPPY HOUR (AL) 4:00 <b>PE</b> Afternoon Stroll 6:00 <b>LL</b> Table Games	<b>3</b> 9:30 <b>PE</b> Wake up & Work out w/ Angell! (cardio) 10:30 <b>LL</b> Marc on the Piano 1:00 <b>AE</b> Works of Art!! 2:30 <b>CE</b> Daily Chronicle 2:30 <b>LL</b> Spa Day 3:00 <b>PE</b> F.I.T. Happens 3:30 <b>CE</b> Great Minds! 6:00 <b>LL</b> Table Games	<b>4</b> 9:30 <b>PE</b> Let's get Lean & Mean (strength) 10:30 <b>CE</b> Grease your Noggin! 11:00 <b>CE</b> Daily Chronicle 1:30 <b>CE</b> 10 Things in the News! 2:00 <b>CE</b> Learn something New 2:30 <b>LL</b> Cookie Social 3:00 <b>AE</b> Sing Along, Let's Dance! (AL) [LR] 6:00 <b>LL</b> Table Games	<b>5</b> 9:30 <b>PE</b> Chair Yoga (flexibility) 10:30 <b>CE</b> Cognition Crossfit 11:00 <b>LL</b> FRIDAY OUTING 1:45 <b>CE</b> The "IF" game.... 2:15 <b>PE</b> Move & Groove! 3:00 <b>AE</b> Creative Arts (AL) 6:00 <b>LL</b> Table Games	<b>6</b> 9:30 <b>PE</b> Fit Happens!! (cardio) 10:30 <b>CE</b> Pushups for the Brain 11:00 <b>CE</b> Daily Chronicle 1:30 <b>LL</b> Spanish Loteria!! (AL) [MPR] 1:30 <b>CE</b> Today I Found Out 3:00 <b>CC</b> HAPPY HOUR (AL) [LR] 4:00 <b>LL</b> Word Search Party 6:00 <b>LL</b> Table Games		
	<b>7</b> 10:00 <b>PE</b> Tai Chi (AL) 11:00 <b>CE</b> Brawny Brain games 1:30 <b>AE</b> Art in the Kitchen 2:30 <b>LL</b> Ice Cream Social 3:00 <b>PE</b> Get up and move!! 3:30 <b>CE</b> Topic of the Day 6:00 <b>LL</b> Table Games	<b>8</b> 10:00 <b>PE</b> Yoga (AL) 11:00 <b>CE</b> Mental Marathon 1:30 <b>LL</b> Movie & Popcorn!! [T] 3:00 <b>LL</b> Family Feud (AL) [MPR] 3:15 <b>PE</b> Let's Walk & Talk 3:45 <b>CE</b> Daily Chronicle 6:00 <b>LL</b> Table Games	<b>9</b> 9:30 <b>PE</b> Stretch, Bend, Twist (flexibility) 10:30 <b>CE</b> Spelling Bee Champs! 11:00 <b>CE</b> Daily Chronicle 1:15 <b>LL</b> SCENIC DRIVE 1:30 <b>LL</b> Bingo [MPR] 3:00 <b>CC</b> HAPPY HOUR (AL) 4:00 <b>PE</b> Afternoon Stroll 6:00 <b>LL</b> Table Games	<b>10</b> 9:30 <b>PE</b> Wake up & Work out w/ Angell! (cardio) 10:30 <b>LL</b> Marc on the Piano 1:00 <b>AE</b> Works of Art!! 2:30 <b>CE</b> Daily Chronicle 2:30 <b>LL</b> Spa Day 3:00 <b>PE</b> F.I.T. Happens 3:30 <b>CE</b> Great Minds! 6:00 <b>LL</b> Table Games	<b>11</b> 9:30 <b>PE</b> Let's get Lean & Mean (strength) 10:30 <b>CE</b> Grease your Noggin! 11:00 <b>CE</b> Daily Chronicle 1:30 <b>CE</b> 10 Things in the News! 2:00 <b>CE</b> Learn something New 2:30 <b>LL</b> Cookie Social 3:00 <b>AE</b> Sing Along, Let's Dance! (AL) [LR] 6:00 <b>LL</b> Table Games	<b>12</b> 9:30 <b>PE</b> Chair Yoga (flexibility) 10:30 <b>CE</b> Cognition Crossfit 11:00 <b>LL</b> FRIDAY OUTING 1:30 <b>LL</b> Spanish Loteria!! (AL) 1:45 <b>CE</b> The "IF" game.... 2:15 <b>PE</b> Move & Groove! 3:00 <b>AE</b> Creative Arts (AL) 6:00 <b>LL</b> Table Games	<b>13</b> 9:30 <b>PE</b> Fit Happens!! (cardio) 10:30 <b>CE</b> Pushups for the Brain 11:00 <b>CE</b> Daily Chronicle 1:30 <b>CE</b> Today I Found Out 3:00 <b>CC</b> HAPPY HOUR (AL) [LR] 4:00 <b>LL</b> Word Search Party 6:00 <b>LL</b> Table Games	
	<b>14</b> 10:00 <b>PE</b> Tai Chi (AL) 11:00 <b>CE</b> Brawny Brain games 1:30 <b>AE</b> Art in the Kitchen 2:30 <b>LL</b> Ice Cream Social 3:00 <b>PE</b> Get up and move!! 3:30 <b>CE</b> Topic of the Day 6:00 <b>LL</b> Table Games	<b>15</b> 10:00 <b>PE</b> Yoga (AL) 11:00 <b>CE</b> Mental Marathon 1:30 <b>LL</b> Movie & Popcorn!! [T] 3:00 <b>LL</b> Trivia Pursuit (AL) [MPR] 3:15 <b>PE</b> Let's Walk & Talk 3:45 <b>CE</b> Daily Chronicle 6:00 <b>LL</b> Table Games	<b>16</b> 9:30 <b>PE</b> Stretch, Bend, Twist (flexibility) 10:30 <b>CE</b> Spelling Bee Champs! 11:00 <b>CE</b> Daily Chronicle 1:15 <b>LL</b> SCENIC DRIVE 1:30 <b>LL</b> Bingo [MPR] 3:00 <b>CC</b> HAPPY HOUR (AL) 4:00 <b>PE</b> Afternoon Stroll 6:00 <b>LL</b> Table Games	<b>17</b> 9:30 <b>PE</b> Wake up & Work out w/ Angell! (cardio) 10:30 <b>LL</b> Marc on the Piano 1:00 <b>AE</b> Works of Art!! 2:30 <b>CE</b> Daily Chronicle 2:30 <b>LL</b> Spa Day 3:00 <b>LL</b> Banana Split Party (AR) 3:30 <b>CE</b> Great Minds! 6:00 <b>LL</b> Table Games	<b>18</b> 9:30 <b>PE</b> Let's get Lean & Mean (strength) 10:30 <b>CE</b> Grease your Noggin! 11:00 <b>CE</b> Daily Chronicle 1:30 <b>CE</b> 10 Things in the News! 2:00 <b>CE</b> Learn something New 2:30 <b>LL</b> Cookie Social 3:00 <b>AE</b> Sing Along, Let's Dance! (AL) [LR] 6:00 <b>LL</b> Table Games	<b>19</b> 9:30 <b>PE</b> Chair Yoga (flexibility) 10:30 <b>CE</b> Cognition Crossfit 11:00 <b>LL</b> FRIDAY OUTING 1:45 <b>CE</b> The "IF" game.... 2:15 <b>PE</b> Move & Groove! 3:00 <b>AE</b> Creative Arts (AL) 6:00 <b>LL</b> Table Games	<b>20</b> 9:30 <b>PE</b> Fit Happens!! (cardio) 10:30 <b>CE</b> Pushups for the Brain 11:00 <b>CE</b> Daily Chronicle 1:30 <b>LL</b> Spanish Loteria!! (AL) [MPR] 1:30 <b>CE</b> Today I Found Out 3:00 <b>CC</b> HAPPY HOUR (AL) [LR] 4:00 <b>LL</b> Word Search Party 6:00 <b>LL</b> Table Games	
	<b>Easter 21</b> 10:00 <b>PE</b> Tai Chi (AL) 11:00 <b>CE</b> Brawny Brain games 1:30 <b>AE</b> Art in the Kitchen 2:30 <b>LL</b> Ice Cream Social 3:00 <b>PE</b> Get up and move!! 3:30 <b>CE</b> Topic of the Day 6:00 <b>LL</b> Table Games	<b>22</b> 10:00 <b>PE</b> Yoga (AL) 11:00 <b>CE</b> Mental Marathon 1:30 <b>LL</b> Movie & Popcorn!! [T] 3:00 <b>LL</b> Family Feud (AL) [MPR] 3:15 <b>PE</b> Let's Walk & Talk 3:45 <b>CE</b> Daily Chronicle 6:00 <b>LL</b> Table Games	<b>23</b> 9:30 <b>PE</b> Stretch, Bend, Twist (flexibility) 10:30 <b>CE</b> Spelling Bee Champs! 11:00 <b>CE</b> Daily Chronicle 1:15 <b>LL</b> SCENIC DRIVE 1:30 <b>LL</b> Bingo [MPR] 3:00 <b>CC</b> Ladies Tea Party w/ Music (AL) 4:00 <b>PE</b> Afternoon Stroll 6:00 <b>LL</b> Table Games	<b>24</b> 9:30 <b>PE</b> Wake up & Work out w/ Angell! (cardio) 10:30 <b>LL</b> Marc on the Piano 1:00 <b>AE</b> Works of Art!! 2:30 <b>CE</b> Daily Chronicle 2:30 <b>LL</b> Spa Day 3:00 <b>PE</b> F.I.T. Happens 3:30 <b>CE</b> Great Minds! 6:00 <b>LL</b> Table Games	<b>25</b> 9:30 <b>PE</b> Let's get Lean & Mean (strength) 10:30 <b>CE</b> Grease your Noggin! 11:00 <b>CE</b> Daily Chronicle 1:30 <b>CE</b> 10 Things in the News! 2:00 <b>CE</b> Learn something New 2:30 <b>LL</b> Cookie Social 3:00 <b>AE</b> Sing Along, Let's Dance! (AL) [LR] 3:15 <b>APRIL B-day Party (1st Floor)</b> 6:00 <b>LL</b> Table Games	<b>26</b> 9:30 <b>PE</b> Chair Yoga (flexibility) 10:30 <b>CE</b> Cognition Crossfit 11:00 <b>LL</b> FRIDAY OUTING 1:30 <b>LL</b> Spanish Loteria!! (AL) 1:45 <b>CE</b> The "IF" game.... 2:15 <b>PE</b> Move & Groove! 3:00 <b>AE</b> Creative Arts (AL) 6:00 <b>LL</b> Table Games	<b>27</b> 9:30 <b>PE</b> Fit Happens!! (cardio) 10:30 <b>CE</b> Pushups for the Brain 11:00 <b>CE</b> Daily Chronicle 1:30 <b>CE</b> Today I Found Out 3:00 <b>CC</b> HAPPY HOUR (AL) [LR] 4:00 <b>LL</b> Word Search Party 6:00 <b>LL</b> Table Games	
	<b>28</b> 10:00 <b>PE</b> Tai Chi (AL) 11:00 <b>CE</b> Brawny Brain games 1:30 <b>AE</b> Art in the Kitchen 2:30 <b>LL</b> Ice Cream Social 3:00 <b>PE</b> Get up and move!! 3:30 <b>CE</b> Topic of the Day 6:00 <b>LL</b> Table Games	<b>29</b> 10:00 <b>PE</b> Yoga (AL) 11:00 <b>CE</b> Mental Marathon 1:30 <b>LL</b> Movie & Popcorn!! [T] 3:00 <b>LL</b> Trivia Pursuit (AL) [MPR] 3:15 <b>PE</b> Let's Walk & Talk 3:45 <b>CE</b> Daily Chronicle 6:00 <b>LL</b> Table Games	<b>30</b> 9:30 <b>PE</b> Stretch, Bend, Twist (flexibility) 10:30 <b>CE</b> Spelling Bee Champs! 11:00 <b>CE</b> Daily Chronicle 1:15 <b>LL</b> SCENIC DRIVE 1:30 <b>LL</b> Bingo [MPR] 3:00 <b>CC</b> HAPPY HOUR (AL) 4:00 <b>PE</b> Afternoon Stroll 6:00 <b>LL</b> Table Games	3499 Grande Vista Drive Thousand Oaks, California 91320 (805)375-0695			<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement	Healthy Snacks & Hydration offered throughout each day!