


April 2019
Assisted Living Lifestyle & Leisure

created with
Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div></div>	10:00 PE Fitness 4 TQ \$\$ 11:00 AE Drum Circle w/ Chris 2:00 LL Spring Cleaning & Decorating Walkers & Wheelchairs 3:00 LL Happy Hour 4:00 CE Science 6:30 LL Monday Night Movie	Beauty/Barber Shop 10:00 PE Range of Motion 11:00 CE Scattagories 2:00 CC World Autism Day Project 3:00 LL Karaoke 4:00 LL Scrabble 6:30 LL Tuesday TV	Beauty/Barber Shop Wags for Hope Pet Visit 9:30 SS Catholic Communion 10:30 PE Chair Yoga 11:00 SS Calm Minds 2:00 LL Music by the Goldentone's 3:30 LL Social Hour 6:30 LL Movie in Great Room	10:00 PE Balance & Brains Exercise 11:00 CC Shopping & Lunch at Wegman's 2:30 AE Paint & Sip 3:30 AE Music & Memories 4:00 CE Discover Nature 6:30 LL Featured Movie	Fav Spring Color Shirt Day Student Visits 10:00 PE Zumba Cardio 11:00 LL Morning Bingo 2:00 LL Board Games 3:00 LL Movie & Snack 4:00 LL Bridge Club 6:30 LL Friday Flick	11:15 PE Sit & Be Fit 3:00 CE Trivia Trials w/ Sally 6:30 LL Saturday Sitcoms
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service w/ Bishop 11:15 PE Event Exercise 3:00 CE Snacks & Trivia 6:30 LL Sunday Cinema	Resident Errands & Neighborhood Shopping 10:00 PE Fitness 4 TQ \$\$ 11:00 CE Large Crossword 2:00 AE Sock Bunnies 3:00 LL Happy Hour 4:00 AE Color Pencil Art 6:30 LL Monday Night Movie	Beauty/Barber Shop 10:30 SS St. John's Catholic Service 11:00 CC Women's Table Talk 1:30 LL Music by Who So Ever Will 3:00 SS Bible Study w/Bishop 4:00 CC Volunteer Appreciation Cards 6:30 LL Tuesday TV	Beauty/Barber Shop 9:30 SS Catholic Communion 10:30 PE Fit & Fun Exercise 11:00 LL Coffee & Donuts 2:00 LL Piano Bar Music by Bob 3:00 CC Elaine's (volunteer) Appreciation Party 4:00 LL Social Hour 6:30 LL Movie in Great Room	10:00 PE Strength Building Exercise 11:00 CC Resident Outing 1:00 CC Book Mobile 2:30 LL Flower Arranging Tips 3:15 AE Garden Club: Fresh Flower Arrangements 6:30 LL Featured Movie	Favorite T-shirt Day Student Visits 10:00 PE Cardio Fun 11:00 CE Reverse Dictionary/TQ \$ 2:00 LL Ladies Baking & Cooking Club: Deviled Eggs 3:00 CE TGIF Happy Hour 4:00 LL Bridge Club 6:30 LL Friday Flick	11:15 PE Chair Fitness 3:00 CE Trivia Trials w/ Sally 6:30 LL Saturday Sitcoms
Palm Sunday 9:30 SS Parkway Church Svc 10:00 SS Communion Church Service w/Bishop 11:15 PE Sunday Fitness 3:00 CE Snacks & Trivia 6:30 LL Sunday Cinema	10:00 PE Fitness 4 TQ \$\$ 11:00 LL Classic Comedies 12:00 LL Birthday Lunch 2:00 LL Music by Stan 3:00 LL Happy Hour 4:00 LL Nature 6:30 LL Monday Night Movie	Beauty/Barber Shop 10:00 PE Bend & Flex 11:00 LL Residents Choice 2:00 AE Make Easter Bonnets 3:00 LL Singing w/George 4:00 LL You Tube 6:30 LL Tuesday TV	Beauty/Barber Shop 9:30 SS Catholic Communion 10:00 PE Morning Stretches 11:00 CE Who What Where? 2:00 LL Master Gardeners Visit & Project 3:15 LL Manicures & Men's Nails 6:30 LL Movie in Great Room	10:00 PE Balance & Brains Exercise 11:00 CC Resident Outing 2:00 LL Music/Family FX 3:30 LL Classic Cinema 6:30 SS Holy Thursday Service w/Bishop	Easter Bonnet Day Good Friday Passover Begins This Evening Student Visits 10:30 LL Fiddler Norm 11:00 CC Memory Cafe 1:45 SS Good Friday Svc w/Bishop 3:00 AE Easter Egg Color Creations 4:00 LL Bridge Club 6:30 LL Friday Flick	11:15 PE Sit & Be Fit 3:00 CE Trivia Trials w/ Sally 6:30 LL Saturday Sitcoms
Easter 9:30 SS Parkway Church Svc 10:00 SS Easter Communion Church Service w/ Bishop 11:15 PE Event Exercise 3:00 CE Snacks & Trivia 6:30 LL Sunday Cinema	Earth Day 10:00 PE Fitness 4 TQ \$\$ 12:00 LL Order Out Lunch 2:00 LL Earth Day Family Fued 3:00 LL Happy Hour 4:00 CE History 6:30 LL Monday Night Movie	Beauty/Barber Shop 10:00 PE Range of Motion Exercise 11:00 CE Memory Maintain 11:00 CC Women's Table Talk 2:00 LL Taste of April 3:00 SS Bible Study w/Bishop 4:00 LL Scrabble 6:30 LL Tuesday TV	Beauty/Barber Shop 9:30 SS Catholic Communion 10:00 CC Bake Sale for Missionary 10:30 LL Coffee, Sweets & Lobby Mingle 11:00 LL Men's Big Screen Westerns 2:00 LL Music by Steve Flynn 3:15 LL Resident Council & Dining Meeting 4:00 CC Outreach for Frederick Mission 5:30 LL Family Pizza & Bingo Night	Natl. Red Hats Society Day 10:00 PE Strength Building Exercise 11:00 CC Red Hats Outing 1:00 CC Book Mobile 2:00 CE Lifelong Learning 3:00 AE Toonskool Art w/Jim 4:00 CE World Geography 6:30 LL Featured Movie	Student Visits Team Shirt Day 10:00 PE Cardio Fun 10:00 PE Chair Cardio 11:00 LL Jackpot Bingo 2:00 LL Group Table Games 4:00 LL Bridge Club 4:00 LL Classic Musicals 6:30 LL Friday Flick	11:15 PE Chair Fitness 3:00 CE Trivia Trials w/ Sally 6:30 LL Saturday Sitcoms
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service w/ Bishop 11:15 PE Sunday Fitness 1:30 SS People's Baptist Church Svc 3:00 CE Snacks & Trivia 6:30 LL Sunday Cinema	10:00 PE Fitness 4 TQ \$\$ 11:00 SS Devotions 2:00 LL Music/Douglas Ray 3:00 LL Happy Hour 6:30 LL Monday Night Movie	Beauty/Barber Shop 10:00 SS Gospel Hymns w/Bishop 11:00 PE Bend & Flex 11:00 CC Women's Table Talk 2:00 CE Jerusalem - The City Where Christ Was Risen 3:00 SS Bible Study w/Bishop 6:30 LL Tuesday TV	6441 Jefferson Pike Frederick, MD 21703 301-668-6030			AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support