



April 2019

WOODSTOCK TERRACE
PREMIER ASSISTED LIVING & MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Exercise 11:30 Fitness Fun 1:30 One on One Visits 3:00 Singalong with Martha 5:00 Social Hour 	2 <u>Salon Day</u> 9:30 Exercise 10:30 Strength & Tone 12:00 Picnic 1:30 One on One Visits 3:00 Crosswords 5:00 Social Hour	3 9:30 Exercise 10:30 Manicures with Michelle 11:30 Fitness Fun 1:30 One on One Visits 3:00 Spring Wreath Craft 5:00 Social Hour	4 <u>FOOT CLINIC</u> 9:30 Exercise 10:30 Strength & Tone 11:30 Fitness Fun 1:30 One on One Visits 3:00 Music with Roger Tatro 5:00 Social Hour	5 New Moon 9:30 Exercise 10:15 Faith Matters with Connie 11:30 Fitness Fun 1:30 Van Ride 3:00 Spinner 5:00 Social Hour 	6 9:30 Exercise 10:30 Service with Father Mike 4:00 Music by Soul Fix 5:00 Social Hour
7 9:30 Exercise 11:00 Current Events 3:00 Movie Matinee 5:00 Social Hour 	8 9:30 Exercise 11:30 Fitness Fun 1:30 One on One Visits 2:00 Sharing the Love With Janice 3:00 Crosswords 5:00 Social Hour	9 <u>Salon Day</u> 9:30 Exercise 10:30 Strength & Tone 12:00 Picnic 1:30 One on One Visits 3:00 Music with Jim Hollis 5:00 Social Hour	10 9:30 Exercise 10:30 Manicures with Michelle 10:30 Singalong with Martha 1:30 Van Ride 3:00 Cooking Club 5:00 Social Hour	11 9:30 Exercise 10:30 Strength & Tone 11:30 Fitness Fun 1:30 One on One Visits 3:00 Art & Music Appreciation with Pippa 5:00 Social Hour	12 9:30 Exercise 11:30 Fitness Fun 1:30 Van Ride 3:00 Singalong with Kerry/Pines 3:00 Brain Fitness 5:00 Social Hour	13 9:30 Exercise 10:30 Bingo 3:00 Spinner 5:00 Social Hour
14 9:30 Exercise 11:00 Current Events 3:00 Movie Matinee 5:00 Social Hour 5:15 Vespers 	15 9:30 Exercise 11:30 Fitness Fun 1:30 One on One Visits 3:00 Singalong with Martha 5:00 Social Hour	16 <u>Salon Day</u> 9:30 Exercise 10:30 Strength & Tone 12:00 Picnic 1:30 One on One Visits 3:00 Crosswords 5:00 Social Hour	17 9:30 Exercise 10:30 Manicures with Michelle 11:30 Fitness Fun 1:30 Van Ride 3:00 Florals 5:00 Social Hour	18 9:30 Exercise 10:30 Strength & Tone 11:30 Fitness Fun 1:30 One on One Visits 3:00 Peter Blum's Student Piano Concert 5:00 Social Hour	19 New Moon 9:30 Exercise 10:15 Faith Matters with Connie 11:30 Fitness Fun 1:30 Van Ride 3:00 Garden Club Meeting 5:00 Social Hour 	20 9:30 Exercise 10:30 Service with Father Mike 3:00 Spinner 5:00 Social Hour 
21 9:30 Exercise 11:00 Current Events 3:00 Movie Matinee 5:00 Social Hour  	22 9:30 Exercise 11:30 Fitness Fun 1:30 One on One Visits 2:00 Sharing the Love With Janice 3:00 Crosswords 5:00 Social Hour 	23 <u>Salon Day</u> 9:30 Exercise 10:30 Strength & Tone 12:00 Picnic 1:30 One on One Visits 3:00 Music by Second Wind 5:00 Social Hour	24 9:30 Exercise 10:30 Manicures with Michelle 10:30 Singalong with Martha 1:30 Van Ride 3:00 Ladies Circle 5:00 Social Hour 	25 9:30 Exercise 10:30 Strength & Tone 12:00 Men's Group Lunch 2:30 Ceramics with Bruce 5:00 Social Hour	26 9:30 Exercise 11:30 Fitness Fun 1:30 Van Ride 3:00 Singalong with Kerry 5:00 Social Hour	27 9:30 Exercise 10:30 Bingo 3:00 Spinner 5:00 Social Hour
28 9:30 Exercise 11:00 Current Events 3:00 Movie Matinee 5:00 Social Hour 	29 9:30 Exercise 11:30 Fitness Fun 1:30 Van Ride 3:00 Crosswords 5:00 Social Hour	30 <u>Salon Day</u> 9:30 Exercise 10:30 Strength & Tone 11:15 Residents Meeting 12:00 Picnic 1:30 One on One Visits 3:00 Music by Rowley Hazard 5:00 Social Hour				