





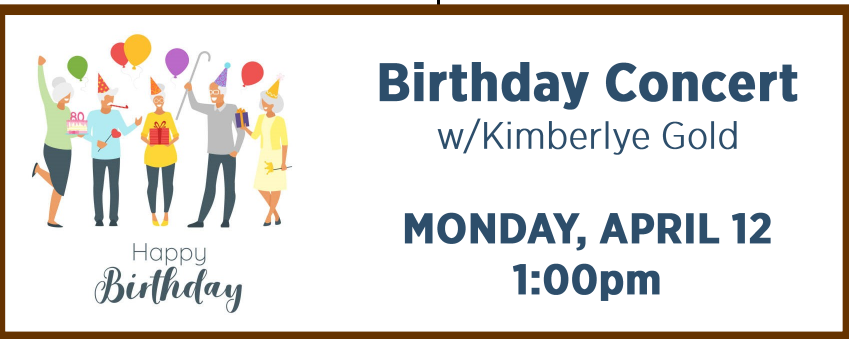


APRIL 2021— ASPEN CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div><div><div>Birthday Concert</div><div>w/Kimberlye Gold</div><div>MONDAY, APRIL 12</div><div>1:00pm</div></div><div>Happy Birthday</div></div>			<div>1 April Fool's Day</div> <div>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:10 Arts and Craft 11:30 Lunch 12:30 Food Reminiscing w/Photos 1:00 April Fool's Day Humor Program 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise & Stretching 3:30 Horseshoes 4:30 Dinner and After-Dinner Movie</div>	<div>2 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 Cooking Class 2:30 Reminiscing and Discussion 3:30 Volleyball w/Music 4:30 Dinner and After-Dinner Movie</div>	<div>3 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Bingo 11:30 Lunch 12:30 Travel Reminiscing 1:00 Making Mini Donuts (Reminiscing) 2:30 Cooking Reminiscing 3:00 Exercise and Stretching 4:30 Dinner and After-Dinner Movie</div>
<div>4 Happy Easter!</div> <div>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Arts & Crafts 11:30 Lunch 12:30 Round Table Readers 1:00 Easter Program 2:30 Trivia 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner and After-Dinner Movie</div> <div>Breadmaking Today</div>	<div>5 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 ARTS & CRAFTS—Spring Crafts 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise/Stretching 3:30 Ring Toss 4:30 Dinner and After-Dinner Movie</div>	<div>6 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 JINGO 11:30 Lunch 12:30 Beach Ball Toss 1:00 HORTICULTURE GARDENING w/John 2:30 Travel Reminiscing 3:00 Afternoon Walk or Exercise/Stretching 3:30 Parachute Games 4:30 Dinner and After-Dinner Movie</div>	<div>7 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Current Events & Puzzles 11:30 Lunch 12:30 Animal Reminiscing w/Photos 1:00 History Reading— Royal Air Force 2:30 Conversation Starter Cards 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner and After-Dinner Movie</div>	<div>8 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:10 Arts and Craft 11:30 Lunch 12:30 Food Reminiscing w/Photos 1:00 Men's Club or Travel Reminiscing— California 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise & Stretching 3:30 Horseshoes 4:30 Dinner and After-Dinner Movie</div> <div>Happy Birthday, Ken!</div>	<div>9 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 Cooking Class 2:30 Reminiscing and Discussion 3:30 Volleyball w/Music 4:30 Dinner and After-Dinner Movie</div>	<div>10 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Bingo 11:30 Lunch 12:30 Travel Reminiscing 1:00 Making Waffles (Reminiscing) 2:30 Cooking Reminiscing 3:00 Exercise and Stretching 4:30 Dinner and After-Dinner Movie</div>
<div>11 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Arts & Crafts 11:30 Lunch 12:30 Round Table Readers 1:15 Nature Video and Discussion 2:30 Trivia 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner and After-Dinner Movie</div> <div>Breadmaking Today</div>	<div>12 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 Concert and Birthday Party w/Kimberlye Gold 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise/Stretching 3:30 Ring Toss 4:30 Dinner and After-Dinner Movie</div>	<div>13 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 JINGO 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 LIVE ZOOM CONCERT w/Jonathan Dimmock and Angela Lee (Oshman JCC event) 2:30 Travel Reminiscing 3:00 Afternoon Walk or Exercise/Stretching 3:30 Parachute Games 4:30 Dinner and After-Dinner Movie</div>	<div>14 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Current Events & Puzzles 11:30 Lunch 12:30 Animal Reminiscing w/Photos 1:00 History Reading— Jackie Robinson and Baseball 2:30 Conversation Starter Cards 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner and After-Dinner Movie</div>	<div>15 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:10 Arts and Craft 11:30 Lunch 12:30 Food Reminiscing w/Photos 1:00 Men's Club or Travel Reminiscing— Egypt 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise & Stretching 3:30 Horseshoes 4:30 Dinner and After-Dinner Movie</div> <div>Happy Birthday, Shirley!</div>	<div>16 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 Cooking Class 2:30 Reminiscing and Discussion 3:30 Volleyball 4:30 Dinner and After-Dinner Movie</div> <div>Happy Birthday, Monica!</div>	<div>17 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Bingo 11:30 Lunch 12:30 Travel Reminiscing 1:00 Making Mini Donuts (Reminiscing) 2:30 Cooking Reminiscing 3:00 Exercise and Stretching 4:30 Dinner and After-Dinner Movie</div>
<div>18 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Arts & Crafts 11:30 Lunch 12:30 Round Table Readers 1:15 Nature Video and Discussion 2:30 Trivia 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner and After-Dinner Movie</div> <div>Breadmaking Today</div>	<div>19 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 ARTS & CRAFTS— Spring Crafts 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise/Stretching 3:30 Ring Toss 4:30 Dinner and After-Dinner Movie</div>	<div>20 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 JINGO 11:30 Lunch 12:30 Beach Ball Toss 1:00 HORTICULTURE GARDENING w/John 2:30 Travel Reminiscing 3:00 Afternoon Walk or Exercise/Stretching 3:30 Parachute Games 4:30 Dinner and After-Dinner Movie</div>	<div>21 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Current Events & Puzzles 11:30 Lunch 12:30 Animal Reminiscing w/Photos 1:00 LIVE ZOOM CONCERT: Songs & Stories: French "Chansons"(Oshman JCC event) 2:30 Conversation Starter Cards 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner and After-Dinner Movie</div>	<div>22 Earth Day</div> <div>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:10 Arts and Craft 11:30 Lunch 12:30 Food Reminiscing w/Photos 1:00 Concert w/Kimberlye Gold 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise & Stretching 3:30 Horseshoes 4:30 Dinner and After-Dinner Movie</div>	<div>23 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 Cooking Class 2:30 Reminiscing and Discussion 3:30 Volleyball w/Music 4:30 Dinner and After-Dinner Movie</div>	<div>24 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Bingo 11:30 Lunch 12:30 Travel Reminiscing 1:00 Making Waffles (Reminiscing) 2:30 Cooking Reminiscing 3:00 Exercise and Stretching 4:30 Dinner and After-Dinner Movie</div>
<div>25 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Arts & Crafts 11:30 Lunch 12:30 Round Table Readers 1:15 Nature Video and Discussion 2:30 Trivia 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner and After-Dinner Movie</div> <div>Breadmaking Today</div>	<div>26 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 ARTS & CRAFTS— Earth Day 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise/Stretching 3:30 Ring Toss 4:30 Dinner and After-Dinner Movie</div>	<div>27 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 JINGO 11:30 Lunch 12:30 Beach Ball Toss 1:00 Trivia Challenge/Word Games 1:45 Afternoon Stretching 2:30 Travel Reminiscing 3:00 Afternoon Walk or Exercise/Stretching 3:30 Parachute Games 4:30 Dinner and After-Dinner Movie</div>	<div>28 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Current Events & Puzzles 11:30 Lunch 12:30 Animal Reminiscing w/Photos 1:00 Concert w/Lee Allen 2:30 Conversation Starter Cards 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner and After-Dinner Movie</div>	<div>29 6:30 Continental Breakfast/AM Rise!</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:10 Arts and Craft 11:30 Lunch 12:30 Food Reminiscing w/Photos 1:00 Chocolate Dipped Strawberries w/Chef Jonathan 2:30 Round Table Readers 3:00 Afternoon Walk or Exercise & Stretching 3:30 Horseshoes 4:30 Dinner and After-Dinner Movie</div>	<div>30 6:30 Continental Breakfast/AM Rise</div> <div>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll & Gardening 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 Cooking Class 2:30 Reminiscing and Discussion 3:30 Volleyball w/Music 4:30 Dinner and After-Dinner Movie</div>	<div><div>PALO ALTO COMMONS</div><div>Assisted Living & Memory Care</div><div>MEADOW WING</div></div>

APRIL 2021 —Willow Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p>Birthday Concert w/Kimberlye Gold</p> <p>MONDAY, APRIL 12 1:00pm</p>			<p>1 April Fool's Day</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Puzzles 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 SING-ALONG 1:00 APRIL FOOL'S DAY HUMOR PROGRAM 2:30 Round Table Readers 3:00 Exercise & Stretching 3:30 Dancing w / Scarves 4:30 Dinner and After-Dinner Movie</p>	<p>2 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Travel Reminiscing 11:00 Trivia Challenge 11:30 Lunch 12:30 SING-ALONG 1:00 Cooking Class 2:30 Reminiscing and Discussion 3:30 Volleyball w/Music 4:30 Dinner and After-Dinner Movie</p>	<p>3 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Sorting Silverware/Playing Cards 11:00 Ball Toss 11:30 Lunch 12:30 SING-ALONG 1:00 Making Mini Donuts (Reminiscing) 2:30 Cooking Reminiscing 3:00 Brain Games 3:30 Dancing w/ Ribbons 4:30 Dinner and After-Dinner Movie</p>
<p>4 Happy Easter</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Sorting Playing Cards/Folding Napkins 11:00 Looking Though Pictures & Reminiscing 11:30 Lunch 12:30 Travel Reminiscing 1:00 Easter Program 2:30 Beach Ball Toss 3:00 Brain Games 3:30 Dancing W / Scarves 4:30 Dinner and After-Dinner Movie</p> <p>Breadmaking Today</p>	<p>5 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Sorting & Polishing Silverware 10:50 Office Work 11:30 Lunch 12:30 SING-ALONG 1:00 ARTS & CRAFTS—Spring Crafts 2:30 Round Table Readers 3:00 Exercise and Stretching 3:30 Volleyball 4:30 Dinner and After-Dinner Movie</p>	<p>6 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Puzzles 10:45 Sorting Socks & Baby Clothes 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:00 Hand Washing and Looks Re-do 12:30 SING-ALONG 1:00 HORTICULTURE GARDENING w/John 2:30 Travel Reminiscing 3:00 Exercise and Stretching 3:30 Parachute Games 4:30 Dinner and After-Dinner Movie</p>	<p>7 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Dot Art 11:00 Beach Ball Throw 11:30 Lunch 12:30 SING-ALONG 1:00 History Reading—Royal Air Force 1:40 Afternoon Stretching 2:30 Conversation Starter Cards 3:00 Exercise and Stretching 3:30 Parachute 4:30 Dinner and After-Dinner Movie</p>	<p>8 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Puzzles 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 SING-ALONG 1:00 Men's Club or Travel Reminiscing— California 2:30 Round Table Readers 3:00 Exercise & Stretching 3:30 Dancing w / Scarves 4:30 Dinner and After-Dinner Movie</p> <p>Happy Birthday, Ken!</p>		<p>10 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Sorting Silverware/Playing Cards 11:00 Ball Toss 11:30 Lunch 12:30 SING-ALONG 1:00 Making Waffles (Reminiscing) 2:30 Cooking Reminiscing 3:00 Brain Games 3:30 Dancing w/ Ribbons 4:30 Dinner and After-Dinner Movie</p>
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<p>25 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Sorting Playing Cards/Folding Napkins 11:00 Looking Though Pictures & Reminiscing 11:30 Lunch 12:30 Travel Reminiscing 1:00 Flower Arrangement 1:40 Afternoon Stretching 2:30 Beach Ball Toss 3:00 Brain Games 3:30 Dancing W / Scarves 4:30 Dinner and After-Dinner Movie</p> <p>Breadmaking Today</p>	<p>26 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Sorting & Polishing Silverware 10:50 Office Work 11:30 Lunch 12:30 SING-ALONG 1:00 ARTS & CRAFTS—Earth Day Project 2:30 Round Table Readers 3:00 Exercise and Stretching 3:30 Volleyball 4:30 Dinner and After-Dinner Movie</p>	<p>27 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Puzzles 10:45 Sorting Socks & Baby Clothes 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:00 Hand Washing and Looks Re-do 12:30 SING-ALONG 1:00 Flower Arrangement 2:30 Travel Reminiscing 3:00 Exercise and Stretching 3:30 Parachute Games 4:30 Dinner and After-Dinner Movie</p>	<p>28 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Dot Art 11:00 Beach Ball Throw 11:30 Lunch 12:30 SING-ALONG 1:00 Concert w/ Lee Allen 2:30 Conversation Starter Cards 3:00 Exercise and Stretching 3:30 Parachute 4:30 Dinner and After-Dinner Movie</p>	<p>29 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Puzzles 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 SING-ALONG 1:00 Chocolate Dipped Strawberries w/Chef Jonathan 2:30 Round Table Readers 3:00 Exercise & Stretching 3:30 Dancing w / Scarves 4:30 Dinner and After-Dinner Movie</p>	<p>30 6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise and Stretching 10:20 Travel Reminiscing 11:00 Trivia Challenge 11:30 Lunch 12:30 SING-ALONG 1:00 Cooking Class 2:30 Reminiscing and Discussion 3:30 Volleyball w/Music 4:30 Dinner and After-Dinner Movie</p>	<p>PALO ALTO COMMONS Assisted Living & Memory Care MEADOW WING</p>