

## Assisted Living Schedule

### **Sunday, April 18th** National Volunteer Week Begins

10:00 AM	Charles Stanley	NBC
<b>1:30 PM</b>	<b>Sunday Vespers led by Joseph Gaston</b>	<b>Chapel</b>
	<i>Ed Barnett playing the piano</i>	
3:30 PM	Sunday Vespers led by Joseph Gaston	900 Channel

### **Monday, April 19th** Spring into Wellness Week

9:00 AM	Senior Style Exercise Video	900 Channel
10:00 AM	Reading Group	900 Channel
	Margot Holmquist reads aloud from <i>Where the Crawdads Sing</i> by Delia Owens	
11:00 AM	Foothills Update with Leslie Fryar & Joseph Gaston	900 Channel
2:00 PM	Chair Yoga	900 Channel
2:30 PM	Cardio Dance	900 Channel
4:30 PM	Great Courses: <i>Cities of the Ancient World</i>	900 Channel

*This week's lecture is titled, **Wonder and Diversity, Alexandria***

### **Tuesday, April 20th** Fitness Assessments

**You must register in order to participate in the fitness assessments. Space is limited, so please contact Christi at 864-307-1978 to reserve a spot!**

9:00 AM	Senior Style Exercise Video	900 Channel
<b>9:30 AM</b>	<b>Aquatic Exercise</b>	<b>Pool</b>
11:00 AM	Devotions with Gerald Roper	900 Channel
2:00 PM	Chair Yoga	900 Channel
<b>2:00 PM</b>	<b>BINGO</b>	<b>Piano Lounge</b>
<b>2:30 AM</b>	<b>Seated Strength &amp; Flexibility</b>	<b>Activity Room</b>
2:30 PM	Cardio Boxing	900 Channel
3:30 PM	Ramadan Education	900 Channel
<b>4:30 PM</b>	<b><i>The Crown</i> Season 2, Episode 6</b>	<b>Media Lounge</b>

### **Wednesday, April 21st** Fitness Assessments

**Administrative Professionals Day**

**Publix Orders due by 5pm**

9:00 AM	Senior Style Exercise Video	900 Channel
11:00 AM	Foothills Update with Leslie Fryar & Joseph Gaston	900 Channel

### BEAN BAG BASEBALL

TIGERS BRAVES

**14** **15**

Homeruns by Charlotte G, Jack R, Evelyn R,  
Ailee M (2) including game winner!



1:00 PM	Wellness Wednesday	900 Channel
2:00 PM	Happy Hour and Music with Julia Palmer	Activity Room
4:30 PM	Academy Award Winning Movie Night	Media Lounge

*Wings* (1929): Two young men, one rich, one middle class, who are in love with the same woman, become fighter pilots in World War I.

**Thursday, April 22nd Fitness Assessments**

9:00 AM	Senior Style Exercise Video	900 Channel
10:00 AM	Tai Chi with Dr. Scott	900 Channel
11:00 AM	Bible Study	900 Channel
2:00 PM	Chair Yoga	900 Channel
2:00 PM	Bible Study	Chapel
2:30 PM	Cardio Dance	900 Channel
3:00 PM	Resident Volunteer Celebration	Piano Lounge

**Friday, April 23rd**

9:00 AM	Senior Style Exercise Video	900 Channel
9:30 AM	Good Life Series Travel Fridays	900 Channel
10:00 AM	Reading Group	900 Channel
Margot Holmquist reads aloud from <i>Where the Crawdads Sing</i> by Delia Owens		
11:00 AM	Prayer Time with Betsy Guffey	900 Channel
2:00 PM	Group Bridge	Piano Lounge
3:00 PM	Resident Council	Craft Room

**Saturday, April 24th**

9:00 AM	Senior Style Exercise Video	900 Channel
12:00 A/2:00 P	BYOD: Bring Your Own Device Q&A	Main Lobby
2:00 PM	Saturday Matinee	900 Channel



*Happy Birthday!*

4/19: Bob Moser

4/20: Kerri Thomas

4/21: Bill Connors, Barbara Stuckey

4/23: Luz Tobon, Mary Kay

