Wednesday Sunday Monday Tuesday Thursday Saturday Friday 9:00 Qi Gong ~ DVD-RR **1** 9:00 Tai Chi ~ DVD - RR 2 10:00 Balance & Strength -RR 3 10:00 Balance & Strength -RR 10:00 Seated Exercises - RR Balance & Strength Exercises ~ Balance & Strength Exercises ~ Seated & Band Exercises ~ w/Tina w/Tina April 2021 12:00 **POKENO** -RR w/Tom 12:30 Ceramics Class - RR (sign-up (12 nickels & 1 Quarter - 4 games 🗟 1:00 ~ 3:00 Thirsty Thursday ~ in the book) w/Claudie 1:30 Wii Bowling-RR door to door. 2:30 Bingo-RR Teasers/Crosswords can be found (10 dimes & 1 quarter), for 5 games It's beautiful outside, great time to take a walk! on the table in the hallway by the **6:00** Friday Night Movie-RR **6:00** Saturday Night Movie-RR 6 10:00 Seated Exercises-RR **5** 9:00 Qi Gong ~ DVD-RR 9:00 Tai Chi ~ DVD - RR **7** 9:00 Qi Gong ~ DVD-RR 10:00 Tai Chi ~ DVD - RR 10:00 Balance & Strength -RR10 **4**|9:00 Tai Chi ~ DVD – RR 10:00 Senior Stretching ~ DVD-RR 10:00 Senior Stretching ~ DVD-RR w/Tina ~ Seated & Band 10:00 Balance & Strength -RR 10:00 Seated Exercises - RR Balance & Strength Exercises ~ You Must Wear a Mask at all **Exercises** Balance & Strength Exercises ~ Seated & Band Exercises ~ w/Tina w/Tina DVD Seated Exercise times and stay 6 feet apart! DVD Seated Exercise 1:00 **POKENO** -RR 12:00 **POKENO** -RR w/Tom 1:00 Yahtzee Tournament-RR 1:00 Matinee Movie-RR 2:30 Bingo-RR 11:00 Tai Chi ~ DVD - RR (18 nickels & 2 Quarters - 6 games) 1:00 ~ 3:00 Thirsty Thursday -(12 nickels & 1 Quarter - 4 games) 4 quarters (or \$1 dollar bill) You Must Wear a Mask at all times (10 dimes & 1 quarter), for 5 games and stay 6 feet apart! 2:30 **POKENO** -RR 1:30 Wii Bowling-RR door to door. (18 nickels & 2 Quarters - 6 games) **Drop-off Diamond** Carpet cleaning in You Must Wear a Mask at all **Dotz Butterfly** Common area Sparkle Kit~ 21 spots times, 1 person per table! 6:00 Saturday Night Movie-RR 6:00 Friday Night Movie-RR 15 9:00 Tai Chi ~ DVD - RR 13 10:00 Seated Exercises-RR 14 9:00 Qi Gong ~ DVD-RR 16 10:00 Balance & Strength -RR17 12|9:00 Qi Gong ~ DVD-RR 10:00 Balance & Strength -RR w/Tina ~ Seated & Band 10:00 Seated Exercises - RR Balance & Strength Exercises ~ 10:00 Senior Stretching ~ DVD-RR 10:00 Senior Stretching ~ DVD-RR You Must Wear a Mask at all Exercises Balance & Strength Exercises ~ Seated & Band Exercises ~ w/Tina w/Tina DVD Seated Exercise times and stay 6 feet apart! **DVD Seated Exercise** 12:00 **POKENO** -RR 1:00 **POKENO** -RR w/Tom 12:30 Ceramics Class- RR (sign-up) 1:00 Matinee Movie-RR 2:30 **Bingo**-RR **11:00** Tai Chi ~ DVD – RR (12 nickels & 1 Quarter - 4 games) (18 nickels & 2 Quarters - 6 games) 1:00 ~ 3:00 Thirsty Thursday in the book) w/Claudie (10 dimes & 1 quarter), for 5 games You Must Wear a Mask at all times 2:30 **POKENO** -RR 2:30 Bingo-RR 1:30 Wii Bowling-RR MOVIE MATINEE door to door. and stay 6 feet apart! (18 nickels & 2 Quarters - 6 games) (10 dimes & 1 quarter), for 5 games Teasers/Crosswords can be found 1:00 Matinee Movie-RR You Must Wear a Mask at all on the table in the hallway by the times, 1 person per table! MOVIE MATINEE 6:00 Saturday Night Movie-RR 6:00 Friday Night Movie-RR 20 10:00 Seated Exercises-RR 21 9:00 Qi Gong ~ DVD-RR 22 9:00 Tai Chi ~ DVD - RR 23 10:00 Balance & Strength -RR24 **19** 9:00 Qi Gong ~ DVD-RR **10:00** Tai Chi ~ DVD - RR **18**|9:00 Tai Chi ~ DVD – RR |10:00 Senior Stretching ~ DVD-RR | 10:00 Senior Stretching ~ DVD-RR | w/Tina ~ Seated & Band 10:00 Balance & Strength -RR 10:00 Seated Exercises - RR Balance & Strength Exercises ~ You Must Wear a Mask at all Exercises Balance & Strength Exercises ~ Seated & Band Exercises ~ w/Tina w/Tina DVD Seated Exercise DVD Seated Exercise times and stay 6 feet apart! 1:00 Spring Bingo -RR 12:00 Bingo-RR 1:00 Matinee Movie-RR w/Tom 1:00 POKENO -RR 2:30 **POKENO** -RR 11:00 Tai Chi ~ DVD – RR (8 dimes & 1 quarter) Blackout 1:00 ~ 3:00 Thirsty Thursday ~ (18 nickels & 2 Quarters - 6 games) (8 dimes & 2 quarter), for 4 games You Must Wear a Mask at all times (12 nickels & 1 Quarter - 4 games) 2:30 Spring Bingo -RR 2:30 **POKENO** -RR MOVIE MATINEE door to door. 1:30 Wii Bowling-RR and stay 6 feet apart! (4 dimes & 1 quarter) Blackout (18 nickels & 2 Quarters - 6 games) Drop-off Mandala Carpet cleaning in Coloring Sheets. 6:00 Friday Night Movie-RR Common area Spring 6:00 Saturday Night Movie-RR BINGO 27 10:00 Seated Exercises-RR 28 9:00 Qi Gong ~ DVD-RR 26 9:00 Qi Gong ~ DVD-RR 9:00 Tai Chi ~ DVD - RR 25 9:00 Tai Chi ~ DVD – RR **10:00** Tai Chi ~ DVD - RR 30 10:00 Senior Stretching ~ DVD-RR 10:00 Senior Stretching ~ DVD-RR w/Tina ~ Seated & Band 10:00 Seated Exercises - RR 10:00 Balance & Strength -RR You Must Wear a Mask at all Exercises Balance & Strength Exercises ~ Seated & Band Exercises ~ w/Tina DVD Seated Exercise times and stay 6 feet apart! IDVD Seated Exercise YOU MAKE ALL 1:00 **POKENO** -RR 1:30 Horse Races-RR w/Tom 1:00 Matinee Movie-RR 2:30 **Bingo**-RR **11:00** Tai Chi ~ DVD – RR THINGS NEW (18 nickels & 2 Quarters - 6 games) 1:00 ~ 3:00 Thirsty Thursday 6 quarters needed (10 dimes & 1 quarter), for 5 games You Must Wear a Mask at all 2:30 **POKENO** -RR MOVIE MATINEE to bet! Sign-up in door to door. times and stay 6 feet apart! (18 nickels & 2 Quarters - 6 games) the Pink book **1:00** Matinee Movie-RR You Must Wear a Mask at all **6:00** Friday Night Movie-RR times, 1 person per table! MOVIE MATINEE