







# STRESS AWARENESS & MOVE MORE MONTH

**APRIL 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p><b>A WALK IN THE WOODS</b> A Walk in the Woods 5:30pm</p>	 <p><b>AUTISM AWARENESS DAY</b> 1 pm- Meditation Tuesday (CH)</p>	 <p><b>National Walking Day</b> 4:30 pm-Pickle Ball (BC) (RLA)</p>	 <p><b>BINGO!</b> BINGO NIGHT 6 - 8 PM</p>	 <p>Pastries - 10am 11am Fitness Friday (FC) (RLA) 2 pm- Scrabble (BR) (RLA) 4:30 pm-Pickle Ball (BC) (RLA)</p>	 <p>2pm - Walking Club (FC) (RLA) 4pm- Doggie Play Date (DP) (RLA)</p>
 <p>2pm - Workout Club (FC) (RLA) 4pm- Garden Club (CG) (RLA)</p>	 <p><b>OTHERHOOD</b> 5:30pm</p>	 <p>1 pm- Meditation Tuesday (CH)</p>	 <p><b>WINE DOWN Wednesday</b> 4-5pm 4:30 pm-Pickle Ball (BC) (RLA)</p>	 <p><b>National Cheese Fondue Day</b> 6-8 pm</p>	 <p>Pastries - 10am 11am Fitness Friday (FC) (RLA) 2 pm- Scrabble (BR) (RLA) 4:30 pm-Pickle Ball (BC) (RLA)</p>	 <p>2pm - Walking Club (FC) (RLA) 4pm- Doggie Play Date (DP) (RLA)</p>
 <p>2pm - Workout Club (FC) (RLA) 4pm- Garden Club (CG) (RLA)</p>	 <p><b>TAMMY</b> 5:30pm</p>	 <p>1 pm- Meditation Tuesday (CH)</p>	 <p><b>WINE DOWN Wednesday</b> 4-5pm 4:30 pm-Pickle Ball (BC) (RLA)</p>	 <p><b>STRESS AWARENESS TALK WITH BAPTIST HEALTH</b> 6-7 PM <b>BUILD A TERRARIUM</b> 7-8 PM</p>	 <p>Pastries - 10am 11am Fitness Friday (FC) (RLA) 2 pm- Scrabble (BR) (RLA) 4:30 pm-Pickle Ball (BC) (RLA)</p>	 <p>2pm - Walking Club (FC) (RLA) 4pm- Doggie Play Date (DP) (RLA)</p>
 <p>2pm - Workout Club (FC) (RLA) 4pm- Garden Club (CG) (RLA)</p>	 <p><b>A Man From Toronto</b> 5:30pm</p>	 <p>1 pm- Meditation Tuesday (CH)</p>	 <p><b>WINE DOWN Wednesday</b> 4-5pm 4:30 pm-Pickle Ball (BC) (RLA)</p>	 <p><b>National Pretzel Day</b> 11am Fitness Thursday (FC) (RLA) 2 pm- Scrabble (BR) (RLA)</p>	 <p>Pastries - 10am 11am Fitness Thursday (FC) (RLA) 2 pm- Scrabble (BR) (RLA) 4:30 pm-Pickle Ball (BC) (RLA)</p>	 <p>2pm - Walking Club (FC) (RLA) 4pm- Doggie Play Date (DP) (RLA)</p>
 <p>2pm - Workout Club (FC) (RLA) 4pm- Garden Club (CG) (RLA)</p>	 <p><b>Fun with Dick &amp; Jane</b> 5:30pm</p>	 <p>1 pm- Meditation Tuesday (CH)</p>				
	<p><b>WEAR PURPLE ON APRIL 15TH</b> <b>PURPLE UP :</b> IT'S AN OPPORTUNITY TO HONOR MILITARY CHILDREN FROM ALL MILITARY BRANCHES.</p>		<p><b>Calendar Key</b> Yoga Room (YR) Fitness Center (FC) Billiards Room (BR) Theater Room (TR) Arts Center (AC) Club house (CH)</p>	<p>Bocce Ball Court (BC) Dog Park (DP) Pool Covered Terrace (PT) Upstairs Covered Terrace (UCT) Resident Lead Activity (RLA) Community Garden (CG)</p>	 <p><b>NATIONAL PET DAY IS ON 04.11.24.</b> Please share a picture of your pet that we can post on social media on National Pet Day! <b>send it by 4.10.24</b></p>	