

Sun

Mon

Tue

Wed

Thu

Fri

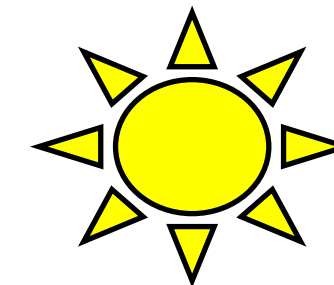
Sat

April



HAPPY BIRTHDAY

EDWARD GENTRY 4/2
 SHARON JENNINGS 4/2
 EDITH YAKUBOSKY 4/6
 KAREN JOHNSTON 4/17
 SUZANNE HUBBEL 4/17
 EDNA RAWLINS 4/20
 KERINE ANDERSON 4/21
 GEORGE COLEMAN 4/26



APRIL TO-DO LIST

- Wake up with gratitude & Joy
- Tell a Joke that makes people laugh
- Take time to wind down before bed
- Spend time on a hobby
- Do a brain dump for mind clarity

OurMindfulLife.com

1

10:30 Music w/ Cardwell
 11:00 CARWASH DAY
 1:00 Pom Pom Sort
 2:00 Cup Sliding
 3:00 New Resident Welcome Social

2

10:30 Devotions w/ Nancy
 11:00 Daily Chronicle
 1:00 "WE OUTSIDE!" PARK
 2:00 Fruit Refreshers
 3:00 Fancy Nails

3

10:30 Movin and Groovin w/Fox
 11:00 Daily Chronicle
 1:00 Color Matching Game
 2:00 Apple Streudel Day w/ Fox
 3:00 Newspaper Foot Race

4

10:00 Chair Yoga W/ Maureen
 11:00 Daily Chronicle
 1:00 Hit This Balloon Volley
 2:00 HAPPY BIRTHDAY APRIL REZZY's
 3:00 Seran Wrap Ball

5

10:00 Daily Chronicles
 11:00 Lobby Chat
 1:00 Movie in the Bistro
 2:00 Music w/ Ronn B.
 3:00 Puzzles

6

10:00 Daily Chronicle
 11:00 Meet For Church
 1:00 Bingo In The Bistro
 1:30 Hydration Cart CP
 2:00 Gospel W/Rev Sanchez
 3:00 Activity Packet

7

10:30 Daily Chronicle
 11:00 REZZY Fitness
 1:00 Another VAN Excursion
 2:00 Table Golf
 3:00 Ping Pong Toss

8

10:30 Daily Chronicle
 11:00 REZZY Fitness
 1:00 Fishing for Balls COLORS
 2:00 Cupstack Challenge
 3:00 Music w/Keith Campbell

9

10:30 Devotions w/ Nancy
 11:00 Daily Chronicle
 1:00 Let's GOOOO! Van Ride
 2:00 Music w/ Greg Kirby
 3:00 Pool Noodle Race

10 COUNCIL DAY

10:30 Color Catching w/ Balls
 11:00 Daily Chronicle
 1:00 FOOD/RESIDENT COUNCIL
 2:00 Music w/ Jesus Hands
 3:00 Table Hockey

11 SHOPPING MALL

10:30 Kick the Bag
 11:00 Daily Chronicle
 1:00 SHOPPING MALL
 2:00 Stick the Face
 3:00 Bingo COVERALL

12

10:00 Daily Chronicles
 11:00 Lobby Chat
 1:00 Bingo In The Bistro
 2:00 Hydration Cart CP
 3:00 Movie Hour

13 Palm Sunday

9:30 Church W/Rev. Wilson
 11:00 Meet For Church
 1:00 Bingo In The Bistro
 2:00 Gospel w/ Rev. Sanchez
 3:00 Puzzles

14

10:30 Leg Day
 11:00 Daily Chronicle
 1:00 Wheels on the Bus VAN
 2:00 Ball in Pan Hole
 3:00 Music w/ Mark Baskind

15

10:30 Daily Chronicle
 11:00 KERPLUNK
 1:00 Sponge Pom Pom
 2:00 Balloon Volley on Courtyard
 3:00 Board and Balls

16

10:30 Devotions w/ Nancy
 11:00 Daily Chronicle
 1:00 Where we going? VAN
 2:00 Simple Memory Game
 3:00 Painting Easter Rocks (EGGS)

17

10:30 Movin and Groovin Fox
 11:00 Daily Chronicle
 1:00 Head Shoulders Eyes Nose
 2:00 Music w/ Emily Enoch
 3:00 Making Easter Baskets

18

10:30 REZZY Fitness
 11:00 Daily Chronicle
 1:00 Where we going? VAN
 2:00 Music w/Ronnie & Carol
 3:00 Ecclesias School of Arts Ballet

19

10:00 Daily Chronicles
 11:00 Lobby Chat
 1:00 Bingo In The Bistro
 2:00 Hydration Cart
 3:00 Puzzles & Card Games

20 Easter

10:00 Daily Chronicles
 11:00 Meet For Church
 1:00 Bingo In The Bistro
 2:00 Gospel W/Rev Sanchez
 3:00 Crossroads Baptist Church

21

10:00 REZZY Fitness
 11:00 Daily Chronicle
 1:00 Let's Go Riding! VAN
 2:00 Peanut Butter Tic Tac Toe
 3:00 Speed FRIENDSHIP
 6:00 Music w/ Sweet Teaz

22

10:30 REZZY Fitness
 11:00 Daily Chronicle
 1:00 Recycled Flowers
 2:00 Guess Household Items
 3:00 Same Order 1 Move

23 FARMER'S MARKET

10:30 Devotions w/ Nancy
 11:00 Let's Workout
 1:00 MONEY Games
 2:00 FARMER'S MARKET
 3:00 Sip & Paint COURTYARD

24 CRACKER BARREL

10:30 Music w/ Senior Saints
 11:00 CRACKER BARRELL
 1:00 Gorgeous Grandma Day
 2:00 Stained Glass Painting
 3:00 Penny Pinching

25

10:30 REZZY Fitness
 11:00 Daily Chronicle
 1:00 Let's Ride CLYDE! VAN
 2:00 Basketball Pong
 3:00 Bingo 4 CORNERS

26

10:00 Daily Chronicles
 11:00 Lobby Chat
 1:00 National Pretzel Day
 2:00 Hydration Cart
 3:00 Movie Hour

27

10:00 Daily Chronicles
 11:00 Meet For Church
 1:00 Activity Packets
 2:00 Gospel W/Rev Sanchez
 3:00 Puzzles

28 OUTING

10:00 Daily Chronicle
 11:00 COOLWELL REC
 1:00 Might as well ride!! VAN
 2:00 Balls in Cup
 3:00 Snack Time COURTYARD

29 Phase 10

10:00 REZZY Fitness
 11:00 Daily Chronicle
 1:00 Yarn Initial Craft
 2:00 Phase 10 Card Game
 3:00 Tissue Box Pulling

30

10:30 Devotions w/ Nancy
 11:00 REZZY Fitness
 1:00 On the Road Again VAN
 2:00 Tulips w/ Spoons
 3:00 Egg on a Spoon

BINGO-BISTRO/MAIN DINING TBA
GAMES-BISTRO/MAIN DINING TBA
FARMER'S MARKET-COURTYARD
ALL ACTIVITIES 30-60 MINUTES
CALENDAR SUBJECT TO CHANGE

PAMPERED HANDS
BY APPOINTMENT
VAN RIDES
MON- WED - & FRIDAY
CALENDAR SUBJECT TO CHANGE

April's here
 wake up,
 dream big,
 and chase it!

April

ASSISTED LIVING



Easter

Heritage Green Assisted Living • 201 Lillian Lane •
Lynchburg Virginia • 24502 • 434-385- 5102

“ COMMUNITY OUTINGS

The sun was warm
but the wind was
chill. You know
how it is with
an April day.

”

- Robert Frost



HERITAGE GREEN

HAPPY BIRTHDAY

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KAREN JOHNSTON 4/17
SUZANNE HUBBEL 4/17
KERINE ANDERSON 4/21
GEORGE COLEMAN 4/26

Kimberly Logan
Assisted Living Administrator

Zakiyah Pannell LPN
Resident Care Director

Camika Vereen
Wellness Nurse

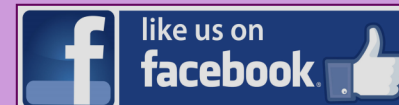
Misty Barrett
Clarissa Chapman
Marketing & Admissions

Lozetta Browley
Business Office Director

Cortney Miller
Resident Life Director

Graham Wilson
Dining Services Director

Josh Peters
Environmental Services Director



Family Participation Is Encouraged With All Activities: Please Contact Activities Department @ 434-477-5829