## APRIL 2025



						Vibrant	Senior Living and Care
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C2 C29 C3 CR GR L L MC	Channel 1-2 Channel 29 Channel 1-3 Community Room Game Room 3rd Floor Lobby Library Memory Care Patio	Assisted & Independent Living Calendar  Green = TV Only Programs  Blue = Performances/ Special Events/Group Outings *RSVP* (Front Desk)  Red = Independent Programs  **Activities are subject to change**	9:30 Brain Training (C3) 10:00 Passover w/Rabbi Lynn (CR) 10:00 Donut Dash & Coffee (B) 10:30 Leg Exercises (C3) 11:15 Group Exercise: Balance (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Lund's & Byerly's (L) 3:00 Mahjong Club (B) 6:15 Evening Movie: Bird Cage (Robin Williams) (T)	10:00 Full Body Exercise (C3)  10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L)  11:15 Group Exercise: Weights (TR)  12:00 Spring Craft Sale (L)  2:00 Live Entertainment: Steven Clark Saxaphone & Piano (CR)  2:00 Healing Touch (By Appointment w/Carrie)  2:00 Resident Snacks (T)  3:30 Christian Worship (CR)	9:30 Brain Training (C3) 10:00 Bagel Break & Coffee (B) 10:00 Tai Chi (C3) 10:30 Resident Council (CR) 11:15 Family Resident Council (CR) 1:00 Virtual Reality Travel	*Must Call to setup* (L)  11:15 Group Exercise: Resistance Bands (TR)  1:00 Resident Talk: Peter Lang Guitarist & Vocalist (CR)  2:00 Resident Snacks (T)  3:00 Happy Hour 3-4pm (B)	9:00 Sitting or Standing Tai Chi (C3) 10:00 Chair Yoga (C3) 11:00 Livingroom Concert (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)
Liv 10:00 Da (T) 12:00 Ou Se 1:00 Wc Se 2:00 Co	vestream (T) anish Delight & Coffee ) ur Lady of Grace Church	10:00 Yoga Therapeutic Stretch Class w/Laurie (TR)  11:00 Upper Body Stretching (C3)  11:15 Group Exercise: Weights (TR)  1:00 Walking group w/MC (L) 2:00 Live Entertainment: Rob Daves Gripickers Old Time String Band (CR)  2:00 Resident Snacks (T)  3:45 Bingo (CR)	9:30 Brain Training (C3) 10:00 Donut Dash & Coffee (B) 10:30 Leg Exercises (C3) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Kowalski's (L) 3:00 Mahjong Club (B) 6:15 Evening Movie: Place in the Heart (Sally Fields) (T)	10:00 Full Body Exercise (C3)  10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L)  11:15 Group Exercise: Weights (TR) 2:00 Live Entertainment: Michael Love Vocalist (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship w/Chirs Beckman (CR)	9 Eid al-Fitr 9:30 Brain Training (C3) 10:00 Bagel Break & Coffee (B) 10:00 Tai Chi (C3) 11:15 Group Exercise: Balance (TR) 1:30 Book Club (resident led) (L) 2:00 Spring Painting Class (B) 6:00 Living-Room Symphony (C3)	9:30 Catholic Mass & Confession w/Father Kevin 9:30-11 (CR) 10:00 Chair Yoga (C3) 10:00 Clover Ride Transportation 10am- 3pm Optional Ride Service *Must Call to setup* (L) 11:15 Group Exercise: Weights (TR) 1:00 Movie Matinee: Life in our Universe (Educational Great Courses) (1h) (T) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)	9:00 Sitting or Standing Tai Chi (C3) 10:00 Chair Yoga (C3) 11:00 Livingroom Concert (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)
10:00 Mc Liv 10:00 Da 12:00 Oc Se 1:00 Wc Se 2:00 Co	vestream (T) anish Delight & Coffee (T) ur Lady of Grace Church	10:00 Yoga Therapeutic Stretch Class w/Laurie (TR)  11:00 Upper Body Stretching (C3)  11:15 Group Exercise: Weights (TR)  1:00 Walking group w/MC (L)  1:30 MacPhail Unwrap Music: Country Music Songwriters of the 1960s w/Andrea L (CR)  2:00 Resident Snacks (T)  3:45 Bingo (CR)	10:00 Donut Dash & Coffee (B) 10:00 Coffee w/Chef (B) 10:30 Leg Exercises (C3) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Target	10:00 Full Body Exercise (C3)  10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L)  11:15 Group Exercise: Weights (TR) 2:00 Live Entertainment: Anthony Shores Elvis (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship (CR)	10:00 Bagel Break & Coffee (B) 10:00 Tai Chi (C3) 11:00 Restaurant Group Outing: Tavern 23 (L) 11:15 Group Exercise: Balance (TR)	11:15 Group Exercise: Weights (TR)	9:00 Sitting or Standing Tai Chi (C3) 10:00 Chair Yoga (C3) 11:00 Livingroom Concert (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)	10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise: Weights (TR) 1:00 Walking group w/MC (L) 1:30 MacPhail Hour: Pianist (CR) 2:00 Resident Snacks (T) 2:45 Bingo (B)	10:00 Donut Dash & Coffee (B) 10:30 Leg Exercises (C3) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Cub Foods (L) 3:00 Mahjong Club (B) 3:15 Goat Shine Visit (Skyview	10:00 Full Body Exercise (C3) 10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L) 11:15 Group Exercise: Weights (TR) 2:00 Live Entertainment: Steve Roehm Vibraphonist (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship (CR)	10:00 Bagel Break & Coffee (B) 10:00 Tai Chi (C3) 11:15 Group Exercise: Balance	10:00 Catholic Service & Communion (CR)  10:00 Chair Yoga (C3)  10:00 Clover Ride Transportation 10am- 3pm Optional Ride Service *Must Call to setup* (L)  11:15 Group Exercise: Medicine Balls (TR)  1:00 Movie Matinee: Life in our Universe (Educational Great Courses) (1h) (T)  2:00 Resident Snacks (T)  3:00 Happy Hour 3-4pm (B)	9:00 Sitting or Standing Tai Chi (C3) 10:00 Chair Yoga (C3) 11:00 Livingroom Concert (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)
Livestream (T)  10:00 Danish Delight & Coffee (T)  12:00 Our Lady of Grace Church	Stretch Class w/Laurie (TR)  11:00 Upper Body Stretching (C3)  11:15 Group Exercise: Weights (TR)  1:00 Vocal Lessons w/Katrina (CR)	10:00 Donut Dash & Coffee (B) 10:30 Leg Exercises (C3) 12:00 Resident Birthday Lunch! *RSVP Front Desk*	10:00 Full Body Exercise (C3) 10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L) 11:15 Group Exercise: Weights (TR) 2:00 Live Entertainment: Niny Salem Vocalist & Pianist (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship (CR)	Please contact the Life Enrichment Director Brooke Moser at 952-848-8883 with any questions or suggestions.		



