








































































































































































































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location Keys HDR-Hillside Dining Rm MPR-Multi-Purpose Rm AR-Activity Rm P-Point Ch.80&81-TV@ Home LBR-Library L-Lobby	HAPPY BIRTHDAY! 4/17 Lizabeth B-V9 4/19 Lossie H 4/21 Bette D-V9	 Cooking  Creative  Environmental  Games  Intellectual  Music  Physical  Social  Spiritual	9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Maundy Thursday Worship Service-Ch. 81 10:00  Stepping to the Beat [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Scenic Relaxation with Calming Music- Ch. 80 -  Men's Social-AR 2:00  Tai Chi [MP] 4:00  Seated Yoga - Ch. 81	8:15  Chair Aerobics - Ch. 81 9:30  Morning Exercise [MP] 10:00  Coffee & Conversations-Group Art Project Ideas 10:00  Good Friday Service - Ch. 81 1:00  Sit & Get Fit - Ch. 81 1:30  Movie Matinee: "News of the World"- Ch. 80 2:00  Fireside Chats w/ Emory-AR 3:30  Lifting the Cross at The Market Place- Ch. 81 4:00  Seated Tai Chi -PT & Ch. 81	8:15  Chair Aerobics - Ch. 81 2:00  Bridge Group-Library
Easter 8:15  Chair Aerobics - Ch. 81 10:00  Easter Worship Service - Ch. 81	9:15  Balance Class - Ch. 80 9:30  Morning Exercise [MP] 10:00  Coffee and Conversation [DR] 1:00  Sit & Get Fit -PT & Ch. 80 2:00  Bingo! [DR] 3:15  FUMC Worship Service - Ch. 81 4:00  Seated Tai Chi -PT & Ch. 81	9:30  Morning Exercise [MP] 10:00  Weights & More [MP] 1:00  Sit & Get Fit -PT & Ch. 80 2:00  Stretching and Balance [MP] 2:30  Bridge/Card Games are Back [DR-H] 2:30  The Butchart Garden Spring 2020 Victoria, BC- Ch. 81 4:00  Seated Yoga - Ch. 81	9:15  Balance Class - Ch. 80 9:30  Morning Exercise [MP] 10:00  Wii Bowling [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Manicures [MP] 3:00  Knit Wits [SLR] 4:00  Catholic Mass Rebroadcast - Ch. 81	9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Stepping to the Beat [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Scenic Relaxation with Calming Music- Ch. 80 -  Men's Social-AR 2:00  Tai Chi [MP] 4:00  Seated Yoga - Ch. 81	8:15  Chair Aerobics - Ch. 81 9:30  Morning Exercise [MP] Lunch  Hopping 50's Dining Room DJ Hour-1st & 2nd Lunch Shifts 1:00  Sit & Get Fit - Ch. 81 1:30  Movie Matinee: "Cats" - PT & Ch. 80 [PT] 2:00  Fireside Chats w/ Emory-AR 4:00  Seated Tai Chi -PT & Ch. 81	8:15  Chair Aerobics - Ch. 81 2:00  Bridge Group-Library
8:15  Chair Aerobics - Ch. 81 10:00  Worship Service - Ch. 81	9:15  Balance Class - Ch. 80 9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Coffee and Conversation [DR] 1:00  Sit & Get Fit -PT & Ch. 80 2:00  Bingo! [DR] 3:15  FUMC Worship Service - Ch. 81 4:00  Seated Tai Chi -PT & Ch. 81	9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Weights & More [MP] 1:00  Sit & Get Fit -PT & Ch. 80 2:00  Stretching and Balance [MP] 2:30  Bridge/Card Games are Back [DR-H] 4:00  Seated Yoga - Ch. 81	9:15  Balance Class - Ch. 80 9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Wii Bowling [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Manicures [MP] 3:00  Knit Wits [SLR] 3:30  Teaching Kitchen - Carrots - Ch. 81 4:00  Catholic Mass Rebroadcast - Ch. 81	9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Stepping to the Beat [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Scenic Relaxation with Calming Music- Ch. 80 -  Men's Social-AR 2:00  Tai Chi [MP] 4:00  Seated Yoga - Ch. 81	8:15  Chair Aerobics - Ch. 81 9:30  Morning Exercise [MP] 10:00  Coffee & Conversations 1:00  Sit & Get Fit - Ch. 81 1:30  Movie Matinee "Ad Astra" - PT & Ch. 80 [PT] 2:00  Fireside Chats w/ Emory-AR 3:30  Happy Hopping Hour-MP 4:00  Seated Tai Chi - Ch. 81	8:15  Chair Aerobics - Ch. 81 2:00  Bridge Group-Library
8:15  Chair Aerobics - Ch. 81 10:00  Worship Service - Ch. 81	9:15  Balance Class - Ch. 80 9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Coffee and Conversation [DR] 1:00  Sit & Get Fit -PT & Ch. 80 2:00  Bingo! [DR] 3:15  FUMC Worship Service - Ch. 81 4:00  Seated Tai Chi - Ch. 81	9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Weights & More [MP] 1:00  Sit & Get Fit -PT & Ch. 80 2:00  Stretching and Balance [MP] 2:30  Bridge/Card Games are Back [DR-H] 3:00  Earth Day Game Show - Ch. 81 4:00  Seated Yoga - Ch. 81	9:15  Balance Class - Ch. 80 9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Wii Bowling [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Manicures [MP] 3:00  Knit Wits [SLR] 4:00  Catholic Mass Rebroadcast - Ch. 81 4:30  Bible Study & Discussion with Donna-AR	9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Stepping to the Beat [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Scenic Relaxation with Calming Music- Ch. 80 -  Men's Social-AR 2:00  Tai Chi [MP] 4:00  Seated Yoga - Ch. 81	8:15  Chair Aerobics - Ch. 81 9:30  Morning Exercise [MP] 10:00  Coffee & Conversations 1:00  Sit & Get Fit - Ch. 81 1:30  Movie Matinee - "Guess Who's Coming to Dinner?"- PT & Ch. 80 [PT] 2:00  Fireside Chats w/ Emory-AR 4:00  Seated Tai Chi -PT & Ch. 81	8:15  Chair Aerobics - Ch. 81 2:00  Bridge Group-Library
8:15  Chair Aerobics - Ch. 81 10:00  Worship Service - Ch. 81	9:15  Balance Class - Ch. 80 9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Coffee and Conversation [DR] 1:00  Sit & Get Fit -PT & Ch. 80 2:00  Bingo! [DR] 3:15  FUMC Worship Service - Ch. 81 4:00  Seated Tai Chi -PT & Ch. 81	9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Weights & More [MP] 1:00  Sit & Get Fit -PT & Ch. 80 2:00  Stretching and Balance [MP] 2:30  Bridge/Card Games are Back [DR-H] 3:00  Book Review with Richard Stanford - Ch. 81 4:00  Seated Yoga - Ch. 81	9:15  Balance Class - Ch. 80 9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Wii Bowling [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Manicures [MP] 3:00  Knit Wits [SLR] 4:00  Catholic Mass Rebroadcast - Ch. 81	9:30  Morning Exercise [MP] 9:30  Pause with Rev. Kellie - Ch. 81 10:00  Stepping to the Beat [MP] 1:00  Sit & Get Fit -PT & Ch. 80 1:30  Scenic Relaxation with Calming Music- Ch. 80 -  Men's Social-AR 2:00  Tai Chi [MP] 4:00  Seated Yoga - Ch. 81	8:15  Chair Aerobics - Ch. 81 9:30  Morning Exercise [MP] 10:00  Coffee & Conversations 1:00  Sit & Get Fit - Ch. 81 1:30  Movie Matinee: "The Way" - PT & Ch. 80 [PT] 2:00  Fireside Chats w/ Emory-AR 4:00  Seated Tai Chi -PT & Ch. 81	