April 2024 Rehab Activities							created with
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Be sure to check out all our live stream	CC YOUNG	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 → Group Fitness Class with Heidi [7th fl] 11:00 → Group Fitness Class with Heidi [8th fl] 11:00 ► Welcome Visits 2:00 ♣ Room to Room Activity	Individual Pursuits: Puzzles and More available in the Activity Room 9:30	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 → Group Exercise w/ Therap [8th fl] 1:00 ♪ Music Therapy Room Visits [7th fl] 2:00 → Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 Group Fitness Class with Heidi [8th fl] 2:00 Heidi Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 Group Exercise w/ Therapy [8th fl] 2:00 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room
options on our in- house TV station- Channel 81! Detailed	Individual Pursuits: 7	Cart Individual Pursuits:	Individual Pursuits:	2:00 Music Therapy Room Visits [8th fl] Individual Pursuits:	Individual Pursuits: 1 1	Individual Pursuits: 1 2	Individual Pursuits: 13
descriptions of offerings are located in your Lifestyle Guide.	Puzzles and More available in the Activity Room 11:00 Worship Service live stream from The Point [CH81]	Puzzles and More available in the Activity Room 10:00	Puzzles and More available in the Activity Room 9:30	Puzzles and More available in the Activity Room 10:00 → Group Exercise w/ Therap [8th fl] 1:00 ♣ Music Therapy Room Visits [7th fl] 2:00 ♣ Body and Mind with Restorative Team [7th fl] 2:00 ♣ Music Therapy Room Visits [8th fl]	Puzzles and More available in the Activity Room 10:00 Group Fitness Class with Heidi [8th fl] 2:00 Body and Mind with Restorative Team [7th fl]	Puzzles and More available in the Activity Room 10:00	available in the Activity Room
HELLO! Spring "You can cut all the flowers but you cannot keep Spring from coming."	Individual Pursuits: Puzzles and More available in the Activity Room 11:00 Worship Service live stream from The Point [CH81]	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 ← Group Fitness Class with Heidi [7th fl] 11:00 ← Group Fitness Class with Heidi [8th fl] 11:00 ► Welcome Visits 2:00 ← Room to Room Activity Cart	Individual Pursuits: Puzzles and More available in the Activity Room 9:30	Individual Pursuits: Puzzles and More available in the Activity Room 10:00	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 Group Fitness Class with Heidi [8th fl] 2:00 : Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 Group Exercise w/ Therapy [8th fl] 2:00 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room
Life Enrichment is happy to provide the following upon request: Reading Materials Word Games Art Supplies Puzzles	Individual Pursuits: Puzzles and More available in the Activity Room 11:00 Worship Service live stream from The Point [CH81]	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 → Group Fitness Class with Heidi [7th fl] 11:00 → Group Fitness Class with Heidi [8th fl] 11:00 ► Welcome Visits 2:00 → Room to Room Activity Cart	Individual Pursuits: Puzzles and More available in the Activity Room 9:30 ♣ Campus News [CH81] 10:00 ➡ Group Fitness Class with Heidi [7th fl] 2:00 ♣ Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room 10:00	available in the Activity Room	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 → Group Exercise w/ Therapy [8th fl] 11:00	Individual Pursuits: Puzzles and More available in the Activity Room
Note Cards/Stationary Snacks Pastoral Support Referral CCY Lifestyle Guide for in house TV programming Call: 469-828-3454	Individual Pursuits: Puzzles and More available in the Activity Room 11:00 Worship Service live stream from The Point [CH81]	Individual Pursuits: Puzzles and More available in the Activity Room 10:00 ← Group Fitness Class with Heidi [7th fl] 11:00 ← Group Fitness Class with Heidi [8th fl] 11:00 ► Welcome Visits 2:00 ← Room to Room Activity Cart 3:00	Individual Pursuits: Puzzles and More available in the Activity Room 9:30 ♣ Campus News [CH81] 10:00 ♣ Group Fitness Class with Heidi [7th fl] 2:00 ♣ Body and Mind with Restorative Team [7th fl]	Activities are subject to change. The most up to date activities will be found on your in-room electronic whiteboard.	in Intellectual ☐ Music ☐ Physical	"April hath put a spirit of youth in everything." — William Shakespeare	Music Therapy Room Visits Wednesday 7th Floor 1:00pm 8th Floor 2:00pm If you would like a visit, let a teammate Know.