

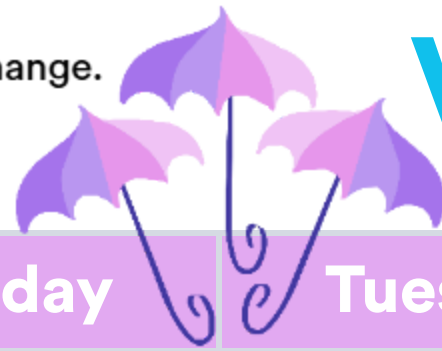


Activities are subject to change.

Vista 5 Activities

April 2026

CC Young



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dimensions Of Wellness Legend

- Emotional
- Social
- Physical
- Intellectual
- Spiritual
- Environmental

Activities are subject to change. If you have any questions or concerns regarding the calendar, please contact the Life Enrichment Manager at 214-273-9653.

Joke of the Month

Why are April showers so good at math?

Because they know how to multiply the flowers! 🌸 🌷

9:30 The Morning Kickoff with CNA **1**
 10:30 Devotionals with Ministry Team
 11:00 Exercise with Heidi
 2:30 Wholesome Wednesday Film
 3:00 Fit Minds with Honor



9:30 The Morning Kickoff with CNA **2**
 10:00 Music Therapy
 11:00 Brain Games with Ann
 2:00 Friendly Visits with Honor
 2:30 Throwback Thursday Film

9:30 The Morning Kickoff with CNA **3**
 10:00 Live Entertainment: Sam Baker
 11:00 Therapeutic Touch with Tammy
 2:30 Feel-Good Friday Film

Daily Chronicles/Games/Puzzles available in Activity Room 4

Easter 5
Daily Chronicles/Games/Puzzles available in Activity Room
 11:00 Worship Services live Streaming from the Point Channel 81



9:30 The Morning Kickoff with CNA **6**
 10:00 Brain Games with Honor
 2:30 Friendly Visits with Ann
 3:00 Musical Monday Film

9:30 The Morning Kickoff with CNA **7**
 10:00 Happiness Program
 10:00 Art Therapy
 11:00 Music Therapy
 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule
 2:30 Friendly Visits with Brittany
 3:00 Romance Tuesday Film

9:30 The Morning Kickoff with CNA **8**
 10:30 Devotionals with Ministry Team
 11:00 Exercise with Heidi
 2:30 Wholesome Wednesday Film
 3:00 Fit Minds with Honor

9:30 The Morning Kickoff with CNA **9**
 10:00 Music Therapy
 11:00 Brain Games with Ann
 2:30 Throwback Thursday Film

9:30 The Morning Kickoff with CNA **10**
 10:00 Live Entertainment: Joley Renee
 11:00 Therapeutic Touch with Tammy
 2:30 Feel-Good Friday Film

Daily Chronicles/Games/Puzzles available in Activity Room 11

Daily Chronicles/Games/Puzzles available in Activity Room 12
 11:00 Worship Services live Streaming from the Point Channel 81

9:30 The Morning Kickoff with CNA **13**
 10:00 Brain Games with Honor
 2:30 Friendly Visits with Ann
 3:00 Musical Monday Film

9:30 The Morning Kickoff with CNA **14**
 10:00 Happiness Program
 10:00 Art Therapy
 11:00 Music Therapy
 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule
 2:30 Friendly Visits with Brittany
 3:00 Romance Tuesday Film

9:30 The Morning Kickoff with CNA **15**
 10:30 Devotionals with Ministry Team
 11:00 Exercise with Heidi
 2:30 Wholesome Wednesday Film
 3:00 Fit Minds with Honor

9:30 The Morning Kickoff with CNA **16**
 10:00 Music Therapy
 11:00 Brain Games with Ann
 2:00 Friendly Visits with Honor
 2:30 Throwback Thursday Film

9:30 The Morning Kickoff with CNA **17**
 10:00 Live Entertainment: Ron Sexton
 11:00 Therapeutic Touch with Tammy
 2:30 Feel-Good Friday Film

Daily Chronicles/Games/Puzzles available in Activity Room 18

Daily Chronicles/Games/Puzzles available in Activity Room 19
 11:00 Worship Services live Streaming from the Point Channel 81

9:30 The Morning Kickoff with CNA **20**
 10:00 Brain Games with Honor
 2:30 Friendly Visits with Ann
 3:00 Musical Monday Film

9:30 The Morning Kickoff with CNA **21**
 10:00 Happiness Program
 10:00 Art Therapy
 11:00 Music Therapy
 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule
 2:30 Friendly Visits with Brittany
 3:00 Romance Tuesday Film

9:30 The Morning Kickoff with CNA **22**
 10:30 Devotionals with Ministry Team
 11:00 Exercise with Heidi
 2:30 Wholesome Wednesday Film
 3:00 Fit Minds with Honor

9:30 The Morning Kickoff with CNA **23**
 10:00 Music Therapy
 11:00 Sensory Program (cooking, music, touch, aroma)
 11:00 Brain Games with Ann
 2:30 Throwback Thursday Film

9:30 The Morning Kickoff with CNA **24**
 10:00 Live Entertainment: Robin Willis
 11:00 Therapeutic Touch with Tammy
 2:30 Feel-Good Friday Film

Daily Chronicles/Games/Puzzles available in Activity Room 25

Daily Chronicles/Games/Puzzles available in Activity Room 26
 11:00 Worship Services live Streaming from the Point Channel 81

9:30 The Morning Kickoff with CNA **27**
 10:00 Brain Games with Honor
 2:30 Friendly Visits with Ann
 3:00 Musical Monday Film

9:30 The Morning Kickoff with CNA **28**
 10:00 Happiness Program
 10:00 Art Therapy
 11:00 Music Therapy
 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule
 2:30 Friendly Visits with Brittany
 3:00 Romance Tuesday Film

9:30 The Morning Kickoff with CNA **29**
 10:30 Devotionals with Ministry Team
 11:00 Exercise with Heidi
 2:30 Wholesome Wednesday Film
 3:00 Fit Minds with Honor

9:30 The Morning Kickoff with CNA **30**
 10:00 Music Therapy
 11:00 Brain Games with Ann
 2:00 Friendly Visits with Honor
 2:30 Throwback Thursday Film

April Showers Bring May Flowers

