







· April 2024 ·

· SUNDAY ·	· MONDAY ·	· TUESDAY ·	· WEDNESDAY ·	· THURSDAY ·	· FRIDAY ·	· SATURDAY ·
	930 SEWING WITH TYNA 1 130 10 CENT BINGO 3 ICE CREAM SOCIAL *STAT*	830 HOT HAND WAX 2 11 BOSTON PIZZA LUNCH OUTING 2 GAMES 630 CARD BINGO	10 MORNING REFLECTIONS 3 1030 RESIDENT MEETING 2 HAPPY HOUR	10 SATIN HANDS & PAINTED 4 NAILS 1 SHOP N SNACK 130 SHUT THE BOX 2 CRIBBAGE 630 CARD BINGO	10 COOKING WITH KALLAN 5 11-3 PIECES BY SHARON 2 BIRTHDAY CELEBRATION	830 ONE ON ONE 6 10 PAPER BINGO 130 CRAFTERS CORNER- PAPER QUILLING
"ONE DAY AT A TIME" 7	10 BAKING WITH KALLAN 8 130 10 CENT BINGO 2 START A NEW PUZZLE 3 ICE CREAM SOCIAL	830 HOT HAND WAX 9 10 HEADSTART KIDS 1030 EDSON LUNCH/MUSEUM 11 YAHTZEE 2 Pictionary 730 HOME ROUTES CONCERT AT PVL	9 SEATED EXERCISES WITH 10 COLLEEN 10 MORNING REFLECTIONS 11 SILVER SNEAKERS WITH KALLAN 2 HAPPY HOUR	10 NORTHERN 11 ROCKIES MUSEUM 1 SHOP N SNACK 130 WORK ON THE PUZZLE 2 CRIBBAGE 630 CARD BINGO HINTON YOUTH GROUP	ALL-DAY TRIP TO JASPER 12 FOR THE TRAIN RIDE! 10 COOKING WITH KALLAN	9-11 PET THERAPY 13 1ST AND 3RD FLOOR 2 CHURCH GROUP SINGS
"THINGS WILL WORK OUT" 14	10 BAKING WITH KALLAN 15 130 10 CENT BINGO 2 JENGA 3 ICE CREAM SOCIAL	9 DECORATE FOR CASINO 16 11 L&W LUNCH OUTING 2 SET UP CASINO! 630 CARD BINGO	9 CASINO BINGO 17 10 CASINO GAMES ALL DAY 2 CASINO HAPPY HOUR DRESS FOR THE OCCASION	9 CASINO KENO 18 10 CASINO GAMES 330 CASINO CLOSES LAST CHANCE TO GET SHOPPING MONEY! 630 CARD BINGO	ALL-DAY CASINO CLEAN UP! 19 2 WALK TO THE SODA SHOP FOR GAMES AND A SNACK 130 TRIVIA WITH COLLEEN	10 PAPER BINGO 20 130 HEARING CLINIC 130 IN STITCHES 230 ONE ON ONE
"SEARCH FOR SOUL IN EVERYTHING" 21	10 BAKING WITH KALLAN 22 130 10 CENT BINGO 2 WORK ON OUR PUZZLE 3 ICE CREAM SOCIAL	830 HOT HAND WAX 23 9 RANCHER'S BREAKFAST OUTING & BOARDWALK 11 CONNECT FOUR GAME 2 SINGER DAHLIA 630 CARD BINGO	10 MORNING REFLECTIONS 24 2 HAPPY HOUR	11 FARMERS MARKET/ 25 LUNCH OUTING & SHOPPING 2 CRIBBAGE 230 SHUT THE BOX GAME 630 CARD BINGO HINTON YOUTH GROUP	10 COOKING WITH KALLAN 26 2 WALK TO THE SODA SHOP 130 LADDER BALL WITH KALLAN	9-11 PET THERAPY 27 1ST AND 3RD FLOOR 2 REMEMBER WHEN! 3 CRAFTERS' CORNER
"KNOW YOUR WORTH" 28	10 BAKING WITH KALLAN 29 130 10 CENT BINGO 2 WORK ON THE PUZZLE 3 ICE CREAM SOCIAL	830 HOT HAND WAX 30 11 LUNCH OUT TO A & W and THE THRIFT STORES 130 LINKAGES 630 CARD BINGO				

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dimensions of Wellness Physical  Mental/Emotional  Spiritual  Social  Intellectual  Environmental 		STAT (Easter Monday) <small>All Fools' Day</small>	1 9 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength	2 9 Senior's strength 10 Senior's strength 1030 Resident Meeting 130 Standing balance	3 9 Flexibility 10 Standing balance 11 Silver sneakers 11 Parkinson's Program 130 Flexibility 230 Hand massage	4 9-11 Tele Rehab (sign up REQ.) 1115 Silver sneakers 130 Standing balance	6 "Those who has health has hope and those who has hope has everything."
	8 9 Senior's strength 10 Bridging the GAP 130 Standing balance 230 Hand massage	9 9 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Flexibility	9 Raileigh Away 9 Senior's strength with Colleen 11 Silver sneakers with Kallan	10 Raileigh Away 11 Tyna covering 9 Flexibility 10 Flexibility 11 Silver sneakers 130 Senior's strength 230 Hand massage	11 Raileigh Away 12 Tyna covering 11 Silver sneakers 130 Standing balance	13 "Breathe. Let go."	
	15 Raileigh Away 15 Rylee covering 9 Senior's strength 10 Senior's strength 11 Silver sneakers 130 Standing balance 230 Hand massage	16 Raileigh Away 16 Tyna covering 9 Flexibility 10 Standing balance 11 Silver sneakers 11 Parkinson's Program 130 Flexibility	17 9 Senior's strength 10 Senior's strength 11 Silver sneakers 130 Standing balance	18 9 Flexibility 10 Standing balance 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength 230 Hand massage	19 9-11 Tele Rehab (sign up REQ.) 1115 Silver sneakers 130 Standing balance 230 Eyeglasses cleaning and adjustments	20 "The groundwork for all happiness is good health."	
	22 9 Senior's strength 10 Senior's strength 11 Silver Sneakers 130 Standing balance 230 Hand massage	23 9 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength	24 9 Senior's strength 10 Daycare Visit 130 Standing balance	25 9 Flexibility 10 Standing balance 11 Silver sneakers 130 Flexibility 230 Hand massage	26 9-11 Tele Rehab (sign up REQ.) 1115 Silver sneakers 1115 Parkinson's Program 130 Standing balance 230 Death Cafe	27 "Remember if you play small, you stay small."	
	29 9 Senior's strength 10 Senior's strength 11 Silver Sneakers 130 Standing balance 230 Hand massage	30 9 Flexibility 945 Lymphatic Talk with Geca 11 Parkinson's Program 130 Flexibility	<h1>April 2024</h1> <h2>Health and Wellness</h2>				
	<small>Passover Begins</small> <small>Earth Day</small>	<small>Administrative Professionals Day</small>					

Calendar subject to change