

WHAT'S HAPPENING

Spotlight on Activities



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**April
2018**

*Editor
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Tuesday, April 3rd:

Ladies Luncheon takes place in Community Room at 12:00 p.m. Presenter will be Lieutenant Benedict: Financial Safety-Avoiding Scams. Sign up on bulletin board across from Main Dining Room.

Orchid Open House at Don & Nancy Michel's (IH 69), 1:30 p.m. to 3:30 p.m. The FFC bus will be available at 1:30 p.m. and 2:30 p.m. Sign up on bulletin board across from Main Dining Room.

Saturday, April 7th:

Take a trip to Fountain Acres Food and Variety Store at 2:00 p.m. Sign up to ride the bus on bulletin board across from Main Dining Room.

Tuesday, April 10th:

Men's Breakfast will be in the Community Room at 8:30 a.m. Presenter will be Lieutenant Benedict: Financial Safety-Avoiding Scams. Sign up on bulletin board across from Main Dining Room.

Wednesday, April 11th:

Cope Environmental Center presents Senior Scientists at 2:00 p.m. in the Community Room.

Saturday, April 14th:

150 Years of Freedom Fighters program and discussion led by Dr. David Fankhauser, former Freedom Fighter, at Earlham College from 1:30 p.m. to 3:00 p.m. FFC bus will leave at 1:00 p.m. Sign up for transportation on bulletin board across from Main Dining Room.

Sunday, April 15th:

Earlham College Chamber Music Spring Concert is at 4:00 p.m. at Earlham. Bus transportation will leave at 3:30 p.m. Sign up on bulletin board across from Main Dining Room.

Monday, April 16th:

Out to Lunch will leave for Frisch's Big Boy at 11:30 a.m. Sign up on bulletin board across from Main Dining Room.

Thursday, April 19th:

Richmond Friends School will visit and have spring fun with residents at 10:15 a.m. in The Courtyards. Everyone is welcome.

Friday, April 20th:

Singing Down Memory Lane is at 2:00 p.m. in the Community Room.

Saturday, April 21st:

Rusty Ammerman's Dimension of Illusion Show brings mastery of illusion, comedy and magic to FFC at 6:00 p.m. in the Community Room.

Tuesday, April 24th:

Out to Dinner heads to O'Charley's at 4:30 p.m. Sign up on bulletin board across from Main Dining Room.

Wednesday, April 25th:

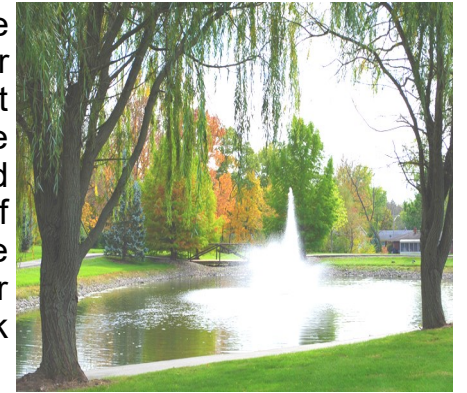
The April Birthday Party will be at 2:00 p.m. in the Community Room.

Thursday, April 26th:

Gospel Hymn Sing at 2:00 p.m. in the Community Room.

The Tiny House Movement program by two EC alumni will be at 6:30 p.m. in the Community Room.

Pond Reflections



Spring officially arrived almost two weeks ago. The day the calendar said was the first day of spring was frigid. I didn't hear Jenny wren warbling in the woods. Robins were still hanging out further south. Yet the signs that spring is about to spring are encouraging. Hundreds of daffodils that Charlie Matthews planted a decade ago at the north end of the FFC pond may be a riot of brilliant yellow by Easter. Frogs that have been hibernating at the bottom of the pond may have come to the surface for choir practice. Turtles, aroused from slumber, may be on the bank basking in the sun.

As the season changes, on the radio we frequently hear Antonio Vivaldi's "The Four Seasons." Vivaldi based this violin concerto on four sonnets, each descriptive of a season of the year, with the music reflecting the moods and characteristics of each season. A verse of the sonnet that inspired Vivaldi proclaims,

Spring has come, and birds greet it
festively with cheerful song;
And with true breath of gentle breezes
Springs trickle with a sweet murmur.

The approach of spring quickens our spirits. Spring holds the promise that just as crocuses, daffodils, and tulips poke up sprouts through the soil for new blossoming, we can grow, too. The people of India and other Asian nations have shown wisdom in cherishing the lotus as a cultural symbol. It isn't just the beauty of the locus that gives the lotus its place of high honor. The lotus grows up out of the muck of the world, then buds and opens its petals to reveal the beauty is was ordained to show. Even so, beauty and worth can emerge from the muck and detritus of our imperfect lives, including the frailties of aging, if we are open to the possibilities each day brings.

A poem that was a favorite of my mother and I also cherish is Salutation of the Dawn from the Sanskrit:

Look to this day!
For it is life, the very life of life.
In its brief course lie all the verities
and realities of your existence;
The glory of action,
The bliss of growth,
The splendor of beauty;
For yesterday is but a dream,
And tomorrow is only a vision,
But today, well lived, makes
Every yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this Day!
Such is the Salutation of the Dawn.

These words express wisdom for all seasons and are especially meaningful as we enter the spring of the year.

—Ted Halsted, Editor

Thank You to Our Supporters

Friends Fellowship Community is grateful for the financial support given by the following during the period of February 22, 2018 through March 14, 2018.

GENERAL ENDOWMENT FUND*

In Memory of All Residents who Passed Away:

Dick & Jan Bohlander

In Memory of Roger Grimm:

Roger & Jane Arnold

Phil & Bernie Blose

Dick & Jan Bohlander

Tom & Nancy Cox

Paul & Deborah Higgs

Ron & Regina Holthouse

Ron & Doris Luellen

Robert & Sharon McCormac

Don & Nancy Michel

Eugenia Mills

In Memory of Mary Harrell:

Phil & Bernie Blose

Michael & Janet Corder

Gary & Charlotte Hubbell

In Memory of Carrol Rhodes:

Phillip & Toni Benedict

In Honor of Peggy & Jerry Allen:

Dick & Jan Bohlander

GENERAL ENDOWMENT-Cont.*

In Honor of Marilyn & Tom Barker:

Dick & Jan Bohlander

In Honor of Carol & Clyde Black:

Dick & Jan Bohlander

In Honor of Miriam Butler:

Dick & Jan Bohlander

In Honor of Pat & Don Clark:

Dick & Jan Bohlander

In Honor of Lois Jordan:

Dick & Jan Bohlander

In Honor of Keith Peters:

Dick & Jan Bohlander

In Honor of Jane Vincent:

Dick & Jan Bohlander

In Honor of Lucille & Bill Ward:

Dick & Jan Bohlander

FRIENDS MINISTERS' FUND*

In Memory of Keith Esch:

Phillip & Toni Benedict

Robert & Gretchen Murray

Gary Ratliff & Margaret Purvis

Donald & Sheila Thornburg

*Endowment Fund income is used to support residents whose personal funds are diminished.

RESIDENTS ASSOCIATION APRIL MEETING SCHEDULE

April 3, 2018

Residents Association Executive Committee Meeting
1:30 p.m. in the Family Room

PRAYER BY AN ANONYMOUS MOTHER SUPERIOR

Lord, Thou knowest better than I know myself that I am growing older, and will someday be old.

Keep me from getting talkative, and particularly from the fatal habit of thinking I must say something on every subject on every occasion.

Release me from craving to straighten out everybody's affairs.

Keep my mind free from the recital of endless details—and give me wings to get to the point.

I ask for grace enough to listen to the tales of other's pains. Help me to endure them with patience: but seal my lips on my own aches and pains—they are increasing and my love of rehearsing them is becoming sweeter as the years go by.

Teach me the glorious lesson that occasionally it is possible that I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint—some of them are so hard to live with—but a sour old woman is one of the crowning works of the devil.

Make me thoughtful, but not moody, helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it all. But Thou knowest, Lord, that I want a few friends at the end.

—Submitted by Jacqueline Wiwi
FFC resident



Silent Auction

There will not be a Silent Auction this spring due to the renovation projects. Please watch *What's Happening* and bulletin boards for the next Silent Auction.

In Memoriam

February 27, 2018 through March 20, 2018

Resident Name	Date of Death
Mary Harrell	3/07/2018
Marie Davis	3/18/2018

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Resident Anniversaries

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

★ Geri & Dan Kindley	13 Years	★
★ Judy & Keith Kendall	12 Years	★
★ Helen & Jim Johnson	6 Years	★
★ Toni & Phil Benedict	5 Years	★
★ George Harrell	5 Years	★
★ Anna Lou Arnett	3 Years	★
★ Letha & Austin Cox	3 Years	★
★ Sandy & Leon Morrison	3 Years	★
★ Nancy Albrecht	1 Year	★
★ Margie Hanneman	1 Year	★

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Employee Anniversaries

Administration

Sandra Ward-Angell	5 Years
Janet Kearney	3 Years

Dietary

Cathy McKean	8 Years
Anna Brady	5 Years
Caitlin Fritts	1 Year
Marcia Winchester	1 Year

Environmental Services

Clara Farris	11 Years
Kim Pettitt	10 Years

Maintenance

Artie Taylor	13 Years
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Nursing

Ginger Harter	6 Years
Cindy Horsley	6 Years
Ashley Reece	5 Years
Teresa Mogle	1 Year

The Courtyards

Melissa Wysong	11 Years
Devin Crass	6 Years
Chel'c Erdosy	5 Years
Jordan Broyles	1 Year
Shannon Hughes	1 Year



April

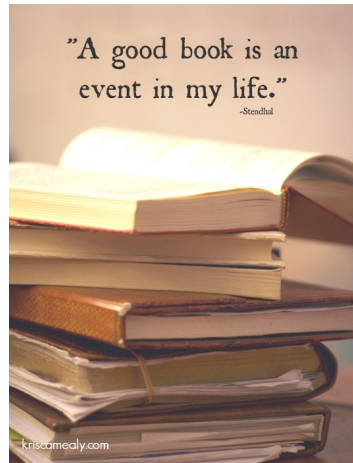


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Miriam Butler	2 JoAnn Chenoweth	3	4	5	6 Lucille Goble Nancy Faus Mullen	7 James Dudas Gary Hubbell
8 Roy Corwin Corky Zinkan	9	10 Hal Hanes	11 Erma Plasterer	12	13	14 Chester Rawlings
15	16 Ann Melle Marilynn Pike	17 Lucille Ward	18	19	20	21
22 Eugenia Mills	23 Ed White	24	25	26 Marilyn Young	27	28 Letha Cox
29	30					

New Resident

Angela Nan Swanson from Richmond to HCC 39.
Harold Marvin Stohler from Hagerstown to CYI 71R.
Tom Milligan from Richmond to IR 365.

Thank you! Thank you!



The Library Committee thanks you for your participation in our recent book sale. Perhaps you donated books or purchased books, it takes it all to have a successful sale. We appreciate and thank you for your help.

This is a good opportunity to let you know that as of April 1, Carol Black will be the chair person for the committee. I'm sure she will welcome suggestions of books you would like to see in our library .

Judy Kendall

Former chairperson of the Library Committee

News from the Life Enhancement Department

March Madness is over. Right into April we go! Flowers and sunny days are up and coming. This means we will see more residents out, enjoying the campus and our activities. We look forward to seeing you. Bring a friend; it's always more fun together. Do you have a new resident living near you? Invite him/her to an activity. The beginning of April is a wonderful time of renewal, new things, and new babies. We hope you will visit the Life Enhancement office often the first week or two to watch our chicks hatch from the incubator right into the brooder. The cheeping chicks are always fun for a couple of days before they head to their permanent homes. We appreciate Pat Foreman and her expertise with this project.

Watch for more events like these and others in the works:

May—Arts Place Singers
Richmond Community Orchestra
Carol Lou Woodward & Carolyn Klemperer Green

Summer—new Bible study program & walking program

August—Richmond Jazz Orchestra

September—Columbus Zoo

October—Spittin' Image Entertainment

Don't miss out. You can't possibly be bored.
Melissa & the whole Life Enhancement Team
Theresa, Sandra, Jennifer, Ali, Kristen,
Megan, Donna, Cailee, McKenzie and Zach



* Additional Program Information *

Calendar items marked with asterisk or special celebrations.



Tuesday, April 3rd, 1:30 p.m. to 3:30 p.m. * Orchid Open House
FFC Residents Don & Nancy Michel, IH 69

Mr. Don Michel is a master at growing orchids. He will share his collection and expertise at an open house between 1:30 p.m. and 3:30 p.m. FFC will provide two times for residents of the main building and HCC to visit: 1:30 p.m. and 2:30 p.m. Sign up on the bulletin board across from Main Dining Room or contact an activities team member at 962-6540 extension 455.

Saturday, April 7th, 2:00 p.m. * Trip to Fountain Acres Food Store
Fountain Acres Food and Variety Store, Fountain City

The FFC bus will depart at 2:00 p.m. for this favorite destination. Fountain Acres carries many items ranging from old-fashioned candy, jams, fresh items, deli and more. Sign up on the bulletin board across from the Main Dining Room.

Wednesday, April 11th, 2:00 p.m. * Senior Scientists by Cope Environmental Center
Community Room

Join Cope for a wonderful nature program at 2:00 p.m. in the Community Room. Watch your mailbox and bulletin boards for more details of this month's program topic.

Saturday, April 14th, 1:30 p.m. * 150 Years of Freedom Fighters
Earlham College

A public discussion led by former Freedom Rider Dr. David Fankhauser at Earlham College, CoLab, Noyes Hall. Dr. Fankhauser will share his reflections of the civil rights movement and the growth of demonstrations in the U. S. today. The event is supported by the Indiana Humanities and Levi and Catharine Coffin State Historic Site. It is free to the public. FFC bus transportation will depart at 1:00 p.m. Sign up on bulletin board across from Main Dining Room.

Sunday, April 15th, 4:00 p.m. * Earlham Chamber Music Spring Concert
Earlham College

A much-loved Sunday afternoon chamber recital brings together Earlham's instrumental ensembles, featuring String Quartet, Flute Choir, Woodwind Quintet and student soloists. FFC bus transportation will depart at 3:30 p.m. Sign up on bulletin board across from Main Dining Room.

Tuesday, April 17th, 2:00 p.m. * Food for Thought: In the Kitchen
Garden Room

A new activity for everyone: Food for Thought takes place in the kitchen, involves a variety of culinary tastes (& sampling!) with learning in mind. Whether tickling our taste buds to determine our favorites, learning about meals in a new country or the science of cooking, this is sure to be fun.

Thursday, April 19th, 6:00 p.m. * Opening Minds through Art Show Opening & Reception
Community Room

Visit with artists and more than 20 volunteers at the opening night of the Spring 2018 OMA Exhibit. One volunteer put it this way, "It's really not about art, it's about what's most important in this life. Cherishing people." See you at the spring show!

Saturday, April 21st, 6:00 p.m. * Rusty Ammerman's Dimension of Illusion Show
Community Room





Rusty, a magician, performs each year for "Lynn and Friends" at Christmastime. This hugely popular performer has been booked to bring his delightful and unforgettable talents to FFC.

Thursday, April 26th, 6:30 p.m. * Tiny House Sustainable Living Program
Community Room

Two Earlham seniors, Abby McCullough '17 & Lily Fishleder '17, constructed and spent the summer of 2016 in a tiny house, completely off the energy grid. Tiny houses are those under 500 sq. feet. Abby and Lily's house is 256 sq. feet and is a professional example of the exciting and successful tiny house movement. Come meet these ingenious adults. Reception to follow.

Wellness Calendar

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p> <p>3:30 RR Stretch & Movement: Beginner's Yoga</p> <p><i>Beginner's Yoga is suspended until a lead instructor is in place.</i></p>	<p>6</p> <p>10:30 GR Be Fit Exercise</p> <p>3:30 RR Strength & Balance</p>	<p>7</p> <p>10:30 AR Chair Yoga</p> <p>11:00 CY Chair Yoga</p>
<p>9</p> <p>10:30 GR Be Fit Exercise</p> <p>3:30 RR Strength & Balance</p> <p>4:30 CR Folk Dancing</p>	<p>10</p> <p>10:30 GR Be Fit Exercise</p> <p>3:00 RR Ping Pong</p>	<p>11</p> <p>10:30 RR Residents' Choice</p> <p>3:30 RR Strength & Balance</p>	<p>12</p> 	<p>13</p> <p>10:30 GR Be Fit Exercise</p> <p>3:30 RR Strength & Balance</p>	<p>14</p> <p>10:30 AR Chair Yoga</p> <p>11:00 CY Chair Yoga</p>
<p>16</p> <p>10:30 GR Be Fit Exercise</p> <p>3:30 RR Strength & Balance</p> <p>4:30 CR Folk Dancing</p>	<p>17</p> <p>10:30 GR Be Fit Exercise</p> <p>3:00 RR Ping Pong</p>	<p>18</p> <p>10:30 RR Basketball</p> <p>3:30 RR Strength & Balance</p>	<p>19</p> 	<p>20</p> <p>10:30 GR Be Fit Exercise</p> <p>3:30 RR Strength & Balance</p>	<p>21</p> <p>10:30 AR Chair Yoga</p> <p>11:00 CY Chair Yoga</p>
<p>23</p> <p>10:30 GR Be Fit Exercise</p> <p>3:30 RR Strength & Balance</p> <p>4:30 CR Folk Dancing</p>	<p>24</p> <p>10:30 GR Be Fit Exercise</p> <p>3:00 RR Ping Pong</p>	<p>25</p> <p>10:30 RR Residents' Choice</p> <p>3:30 RR Strength & Balance</p>	<p>26</p> 	<p>27</p> <p>10:30 GR Be Fit Exercise</p> <p>3:30 RR Strength & Balance</p>	<p>28</p> <p>10:30 AR Chair Yoga</p> <p>11:00 CY Chair Yoga</p>
<p>30</p> <p>10:30 GR Be Fit Exercise</p> <p>3:30 RR Strength & Balance</p> <p>4:30 CR Folk Dancing</p>			<p>AR—Assembly Room WR—Wellness Room RR—Recreation Room GR—Garden Room CR—Community Room P—HHC Patio</p>		

April

Friends Fellowship Community

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Easter Sunday 10:30 CR FFC Church Lonnie Valentine</p>	<p>2 Easter Monday 2:00 CR Bingo Social</p>	<p>3 10:00 LL Great Courses 12:00 CR Ladies Luncheon * 1:30 Don & Nancy Michel's Orchid Open House*</p>	<p>4 9:00 Trip to Meijer 10:30 RR Residents' Choice Recreation Games 2:00 GR Time Slips Stories 6:30 LL After Dinner</p>	<p>5 10:00 GR Brain Games 2:00 LL Current Events 2:00 CR Yahtzee 6:30 HCD Euchre *</p>	<p>6 10:00 S Writers' Group 10:00 AS Painting with Anita 2:00 GR Flower Power</p>	<p>7 2:00 Trip to Fountain Acres Variety Store</p>
<p>8 10:30 CR FFC Church Keith Kendall 2:00 GR Sunday Sundaes</p>	<p>9 2:00 CR Bingo Social</p>	<p>10 8:30 CR Men's Breakfast: * 10:00 LL Great Courses 2:00 AR1 M-R Library Club</p>	<p>11 9:00 Trip to Meijer 10:30 RR Residents' Choice Recreation Games 2:00 CR Cope Center: Senior Scientists * 6:30 LL After Dinner</p>	<p>12 10:30 GR Brain Games 2:00 LL Current Events 2:00 GR Paper & Button Spring Crafts 6:30 HCD Euchre *</p>	<p>13 10:00 S Writers' Group 2:00 GR In the Kitchen: Chicks & Grahams</p>	<p>14 1:30 Freedom Fighters Earlham College* 2:00 GR Hangman</p>
<p>15 10:30 CR FFC Church Jaimie Mudd 2:00 GR Corn Hole 4:00 Earlham Chamber Music Concert at Earlham*</p>	<p>16 11:30 Out to Lunch: Frisch's Big Boy 2:00 CR Bingo Social</p>	<p>17 10:00 LL Great Courses 2:00 GR Food for Thought In the Kitchen * 2:00 Great Escapes</p>	<p>18 9:00 Trip to Meijer 10:30 RR Residents' Choice Recreation Games 2:00 AS Creative Art: Beginners' Origami 6:30 LL After Dinner</p>	<p>19 10:15 CY Richmond Friends School * 2:00 LL Current Events 2:00 GR Yahtzee 6:00 CR OMA Show 6:30 HCD Euchre *</p>	<p>20 10:00 S Writers' Group 10:00 AS Painting with Anita 2:00 CR Singing Down Memory Lane</p>	<p>21 2:00 GR Classic Comedy 6:00 CR Rusty Ammerman's Dimension of Illusion Show *</p>
<p>22 Earth Day 10:30 CR FFC Church Sandra Ward-Angell 2:00 GR Earthy Games</p>	<p>23 2:00 CR Bingo Social</p>	<p>24 10:00 LL Great Courses 2:00 Great Escapes 2:00 GR Time Slips Stories 4:30 Out to Dinner: O'Charley's</p>	<p>25 9:00 Trip to Meijer 10:15 GR Richmond Friends School 2:00 CR April Birthday Party 6:30 LL After Dinner</p>	<p>26 10:30 GR Brain Games 2:00 LL Current Events 2:00 CR Gospel Hymn Sing 2:30 FR Catholic Service 6:30 HCD Euchre * 6:30 CR Tiny House Presentation *</p>	<p>27 10:00 S Writers' Group 2:00 GR Flower Power</p>	<p>28 2:00 GR Sprouting a Garden</p>
<p>29 10:30 CR FFC Church Barry Cramer 2:00 GR Sunday Sundaes</p>	<p>30 2:00 CR Bingo Social</p>			<p><i>*See inside pages for more information.</i></p>	<p>AR—Assembly Room LL-Library Lounge CR-Community Room HCC-Health Care Center HCD-Health Care Dining Room S. RR-Recreation Room</p>	<p>AS- Art Studio GR- Garden Room AR1- AR 1 North Dining CY- The Courtyards, LI FR—Family Room</p>

The Courtyards in April 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Easter/April Fool's Day

9:40 News & Weather
10:00 Historical Memories
10:30 FFC Church
or Small Group
11:00 Our Home Activity
1:30 Sunday Strolls
3:00 Uno!

2

Easter Monday

9:40 News & Weather
10:00 Historical Memories
10:30 Music Moves
11:00 Be Fit Exercise
2:00 Esther Visits & Bingo
3:30 Badminton

3

9:40 News & Weather
10:00 Historical Memories
10:30 Shopping
11:00 Be Fit Exercise CE
1:30 Brain Games
2:00 Bingo
3:30 Time Slips & Coffee

4

9:40 News & Weather
10:00 Historical Memories
10:30 In the Kitchen
11:00 Be Fit Exercise SB
2:00 Esther Visits
3:00 Puzzle & Craft Day

5

9:40 News & Weather
10:00 Historical Memories
10:30 Hand & Nail Spa
11:00 Be Fit Exercise MT
1:30 Corn Hole
2:00 Mad Libs
3:30 Sorting It Out

6

9:40 News & Weather
10:00 Historical Memories
10:30 Rhythm & Sounds
11:00 Chapel with Sandra
1:30 Food For Thought
3:00 Hot Chocolate Social

7

9:40 News & Weather
10:00 Historical Memories
10:30 Our Home Activity
11:00 Chair Yoga
1:30 Calming Colors
2:00 Volleyball
3:00 Hydrate & Snack

8

9:40 News & Weather
10:00 Historical Memories
10:30 FFC Church
or Small Group
11:00 Our Home Activity
1:30 Sunday Strolls
3:00 Uno!

9

9:40 News & Weather
10:00 Historical Memories
10:30 Music Moves
11:00 Be Fit Exercise
2:00 Esther Visits & Bingo
3:30 Badminton

10

9:40 News & Weather
10:00 Historical Memories
10:30 Shopping
11:00 Be Fit Exercise CE
1:30 Brain Games
2:00 Bingo
3:30 Time Slips & Coffee

11

9:40 News & Weather
10:00 Historical Memories
10:30 In the Kitchen
11:00 Be Fit Exercise SB
2:00 Cope Center Senior
Scientists CR
3:00 Puzzle & Craft Day

12

9:40 News & Weather
10:00 Historical Memories
10:30 Hand & Nail Spa
11:00 Be Fit Exercise MT
1:30 Corn Hole
2:00 Mad Libs
3:30 Sorting It Out

13

9:40 News & Weather
10:00 Historical Memories
10:30 Rhythm & Sounds
1:30 Food for Thought
3:00 Hot Chocolate Social

14

9:40 News & Weather
10:00 Historical Memories
10:30 Our Home Activity
11:00 Chair Yoga
1:30 Calming Colors
2:00 Games: Resident Pick
3:00 Hydrate & Snack

15

9:40 News & Weather
10:00 Historical Memories
10:30 FFC Church
11:00 Our Home Activity
1:30 Sunday Strolls
3:00 Uno!

16

9:40 News & Weather
10:00 Historical Memories
10:30 Music Moves
11:00 Be Fit Exercise
2:00 Esther Visits & Bingo
3:30 Badminton

17

9:40 News & Weather
10:00 Historical Memories
10:30 Shopping
11:00 Be Fit Exercise CE
1:30 Brain Games
2:00 Bingo
3:30 Time Slips & Coffee

18

9:40 News & Weather
10:00 In the Kitchen
11:00 Be Fit Exercise SB
2:00 Esther Visits
3:00 Puzzle & Craft Day

19

9:40 News & Weather
10:00 Historical Memories
10:15 Friends School
11:00 Be Fit Exercise MT
2:00 Hand & Nail Spa
3:30 Sorting It Out
6:00 OMA Show Opening

20

9:40 News & Weather
10:00 Historical Memories
10:30 Rhythm & Sounds
11:00 Chapel with Sandra
2:00 Singing Down Memory
Lane CR
3:00 Hot Chocolate Social

21

9:40 News & Weather
10:00 Historical Memories
10:30 Our Home Activity
11:00 Chair Yoga
1:30 Calming Colors
2:00 Volleyball
3:00 Hydrate & Snack

22

9:40 News & Weather
10:00 Historical Memories
10:30 FFC Church
or Small Group
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25

9:40 News & Weather
10:00 Historical Memories
10:30 Be Fit Exercise SB
11:00 In the Kitchen
2:00 April Birthday Party
3:30 Puzzle & Craft Day

26

9:40 News & Weather
10:00 Historical Memories
11:00 Be Fit Exercise MT
2:00 Gospel Hymn Sing CR
3:30 Sorting It Out

27

9:40 News & Weather
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30

9:40 News & Weather
10:00 Historical Memories
10:30 Music Moves
11:00 Be Fit Exercise
2:00 Esther Visits & Bingo
3:00 Badminton



Exercise Classes

- Y—Yoga
- CE—Chair Exercise
- SB—Strength & Balance
- MT—Muscle Toning
- RC—Resident Choice



CR—Community Room
HCC—Health Care Center

