



April 2024

ACTIVITIES CALENDAR



All activities are subject to change.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - History's Biggest Pranks and Pranksters (Living Room)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Fact or Foolery (Living Room)</p> <p>3:15 - Painting Series: Spring Critters (Art Studio)</p> <p>4:00 - NatGeo Earth Moods, Episode 1: Frozen Calm (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Maple Brown Sugar Cookies (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>2:45 - Walking Club (Lobby)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - A Look Back at Local Spots (Living Room)</p> <p>1:00 - Comedy Series: Lucille Ball (Living Room)</p> <p>1:00 - Trip to Hannaford (Lobby)</p> <p>2:00 - Live Music: Carol Ann Jones (Living Room)</p> <p>3:15 - STEM Challenge: Gliding on Air (Living Room)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: Jane Goodall (Living Room)</p> <p>1:15 - Song & Prayer with Pastor Bill (Theater)</p> <p>2:00 - Live Music: 2/3 Dimmer (Living Room)</p> <p>3:15 - Bocce (Fitness Center)</p> <p>3:30 - Dominoes (Bistro)</p>	<p>9:30 - Seated Yoga with Meagan (Fitness Center)</p> <p>10:30 - All About the Upcoming Eclipse! (Living Room)</p> <p>1:30 - Manicures (Bistro)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Cranium Crunches (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Moon Phase Painting (Art Studio)</p> <p>1:00 - Double Meanings (Living Room)</p> <p>1:30 - Walking Club (Lobby)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Wheel of Fortune (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>10:30 - Essex Alliance Church (Theater)</p> <p>1:00 - Movie Matinee: Stagecoach (Theater)</p> <p>1:30 - Dominoes (Bistro)</p> <p>3:00 - Family Feud (Bistro)</p> <p>4:00 - Twister Bean Bag Toss (Fitness Center)</p>	<p>9:30 - Morning Wakeup (Fitness Center)</p> <p>10:30 - Making Eclipse Cookies and Galaxy Bark (Kitchen)</p> <p>1:00 - VPR's Solar Eclipse: Path to Totality <i>Distribution of Eclipse Glasses</i> (Living Room)</p> <p>1:30 - Clay Suns and Moons (Art Studio)</p> <p>2:30 - Lawn Games, Eclipse Trivia, Snacks! (Back Patio with Fireplace)</p> <p>3:15 - Viewing of the Eclipse (Back Patio with Fireplace)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Raspberry Oatmeal Cookie Bars (Kitchen)</p> <p>1:00 - Catholic Communion with Deacon Gerry (Theater)</p> <p>2:00 - Resident Social (Bistro)</p> <p>2:45 - Walking Club (Lobby)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Bob Mackie: Decades of Dressing Stars (Living Room)</p> <p>1:00 - Comedy Series: The Andy Griffith Show (Living Room)</p> <p>2:00 - Drum Circle (Fitness Center)</p> <p>3:15 - DIY Bob Mackie Tea Towels (Art Studio)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Wellness Talk with Katie Jewett, Bayada: World Parkinson's Disease Day (Living Room)</p> <p>1:00 - Making Paper Red Tulips for Parkinson's (Art Studio)</p> <p>3:15 - Bocce (Fitness Center)</p> <p>3:30 - Dominoes (Bistro)</p>	<p>9:30 - Seated Yoga with Meagan (Fitness Center)</p> <p>10:00 - Expressive Arts with Topaz (Art Studio)</p> <p>11:00 - Wedding Photos of Old Hollywood Stars (Living Room)</p> <p>1:30 - Manicures (Bistro)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - Spelling Bee (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - History of Ellis Island (Living Room)</p> <p>1:00 - Building Our Family Trees</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - Jeopardy (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - All About Animals: Dolphins (Living Room)</p> <p>10:30 - Essex Alliance Church (Theater)</p> <p>1:00 - Movie Matinee: Somewhere in Time (Theater)</p> <p>1:30 - Dominoes (Bistro)</p> <p>3:00 - Pictionary (Living Room)</p> <p>4:00 - Balloon Tennis (Fitness Center)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Boston Marathon Presentation (Living Room)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - A Taste of What Runners Eat (Bistro)</p> <p>3:15 - Painting Series: Spring Critters (Art Studio)</p> <p>4:00 - NatGeo Earth Moods, Episode 4: Desert Solitude (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Cooking Club: Carrot Cake Cupcakes (Kitchen)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:00 - Resident Social: April Birthdays (Bistro)</p> <p>2:45 - Walking Club (Lobby)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance with Heather (Fitness Center)</p> <p>10:30 - Trip to Hannaford (Lobby)</p> <p>1:00 - Live Music: Jazzou Jones (Living Room)</p> <p>2:00 - Talk with Nina (UVM Home Health & Hospice) on Living Life and End-of-Life (Theater, Signup at Desk)</p> <p>2:15 - Flower Arranging (Bistro)</p> <p>3:15 - Banana Split Social (Bistro)</p>	<p>9:30 - Working with Weights (Fitness Center)</p> <p>10:30 - Biography Series: John Muir (Living Room)</p> <p>1:00 - Comedy Series: Colgate Comedy Hour (Living Room)</p> <p>2:00 - Coffee Presentation and Tasting with Ken (Bistro)</p> <p>3:15 - Bocce (Fitness Center)</p> <p>3:30 - Dominoes (Bistro)</p>	<p>9:30 - Seated Yoga with Meagan (Fitness Center)</p> <p>10:15 - Outing: Uncommon Coffee and Art Hound Gallery (Living Room)</p> <p>1:30 - Manicures (Bistro)</p> <p>3:00 - Knitting Club (Library)</p> <p>4:00 - State Map Quiz (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - The Birthday of Fenway (Living Room)</p> <p>1:00 - Baseball (Fitness Center)</p> <p>2:30 - Bingo (Dining Room)</p> <p>3:45 - The Price is Right (Living Room)</p>



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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

21	EARTH DAY 22	LOOKALIKE DAY 23	24	25	26	27
9:30 - Full Body Stretch (Fitness Center)	9:30 - Morning Wakeup (Fitness Center)	9:30 - Core Strengthening & Posture (Fitness Center)	9:30 - Seated Cardio (Fitness Center)	9:30 - Working with Weights (Fitness Center)	9:30 - Seated Yoga with Meagan (Fitness Center)	9:30 - Exercise for Balance (Fitness Center)
10:30 - Who Am I? (Living Room)	10:15 - Earth Day & Wonders of the World (Living Room)	10:15 - Cooking Club: Lemon Blueberry Cake (Kitchen)	10:30 - Reminiscing About Dime Stores (Living Room)	10:30 - Biography Series: Billie Holiday (Living Room)	10:15 - Outing for Garden Plants/ (Signup at Desk)	10:30 - Guess the Board Game (Living Room)
10:30 - Essex Alliance Church (Theater)	11:00 - Reading of "The Lorax" by Dr. Suess (Living Room)	1:00 - Catholic Service (Theater)	11:00 - How Many Dimes Will It Take? (Bistro)	1:00 - Recording of Billie Holiday Concert (Living Room)	1:30 - Manicures (Bistro)	1:00 - Scrabble (Bistro)
1:00 - Movie Matinee: How Green Was My Valley (Theater)	1:00 - Classical Music Matinee (Living Room)	2:00 - Resident Social (Bistro)	1:00 - Live Music: Dan Levine (Living Room)	2:00 - Resident Council Meeting (Dining Room)	3:00 - Knitting Club (Library)	2:30 - Bingo (Dining Room)
1:30 - Dominoes (Bistro)	2:00 - All About Composting (Living Room)	2:45 - Walking Club (Lobby)	2:15 - Soda Fountain Social (Bistro)	3:15 - Bocce (Fitness Center)	4:00 - Arbor Day Tree Tunes (Living Room)	3:45 - Real Estate: Guess the Asking Price (Living Room)
3:00 - Family Feud (Bistro)	3:00 - Harnessing the Wind STEM Challenge (Bistro)	3:15 - Golf (Fitness Center)	3:15 - Building Fairy Houses (Art Studio)	3:30 - Dominoes (Bistro)		
4:00 - Bean Bag Toss (Fitness Center)	4:00 - NatGeo Earth Moods (Living Room)	4:00 - Trivia (Bistro)				



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SUNDAY	MONDAY	TUESDAY
28	29	30
9:30 - Full Body Stretch (Fitness Center)	9:30 - Monday Morning Wakeup (Fitness Center)	9:30 - Core Strengthening & Posture (Fitness Center)
10:30 - All About Animals: Dolphins (Living Room)	10:00 - Travel Series: Scotland (Living Room)	10:15 - Cooking Club: Brownies (Kitchen)
10:30 - Essex Alliance Church (Theater)	1:00 - Recording of Traditional Scottish Music (Living Room)	1:00 - Catholic Communion with Deacon Gerry (Theater)
1:00 - Movie Matinee: Pride and Prejudice (Theater)	2:00 - Seated Scottish Highland Games (Bistro/Living Room)	2:00 - Resident Social (Bistro)
1:30 - Dominoes (Bistro)	3:30 - Highland Cow Cutout Art (Art Studio)	2:45 - Walking Club (Lobby)
3:00 - Pictionary (Living Room)		3:15 - Golf (Fitness Center)
4:00 - Balloon Tennis (Fitness Center)		4:00 - Trivia (Bistro)