







ACTIVITY SCHEDULE

April 12th-18th, 2021

MONDAY April 12th	TUESDAY April 13th	WEDNESDAY April 14th	THURSDAY April 15th	FRIDAY April 16th	SATURDAY April 17th	SUNDAY April 18th
<p>10:00 AM- Strength Chair Exercise (Wellness Room)</p> <p>10:45 AM- Art Club (Art Room) *Decorate a recycled jug into a flower vase</p> <p>1:30 – Travel with Rick Steves-London (Theatre)</p> <p>1:30 PM – Strength Chair Exercise (956)</p>  <p>3:00 PM – Jeopardy *Drinks will be served (Art Room)</p>	<p>9:00 AM-FIRE DRILL</p>  <p>9:00-12:00 Cardio Equipment Usage</p> <p>10:00AM- Landfill Harmonic - the "Recycled Orchestra"- (956)</p> <p>1:30 PM - Chair Yoga (956)</p> <p>1:30 PM- Strength Chair Exercise (Wellness Room)</p> <p>2:30 PM- BINGO (Art Room)</p> <p>3:30 PM- BINGO (Art Room)</p>	<p>10:00 AM- Strength Chair Exercise (Wellness Room)</p> <p>10:45 AM- Art Club (Art Room) *Painted can planters</p>  <p>1:30 PM – Fun with Games (Art Room)</p> <p>1:30 PM – Strength Chair Exercise (956)</p> <p>3:00 -Diamond Art Club (Art Room)</p>	<p>9:00-12:00 Cardio Equipment Usage * Sign up at the front desk</p> <p>1:30 PM –Chair Tai Chi (956)</p>  <p>1:30 PM- Nature Stroll (Lobby) *Weather permitting</p>  <p>2:30 PM- BINGO (Art Room)</p> <p>3:30 PM- BINGO (Art Room)</p>	<p>SYLVIA G. (332) BIRTHDAY</p>  <p>10:00 AM- Strength Chair Exercise (Wellness Room)</p> <p>10:45 AM- Art Club (Art Room) *Recycled paper pulp art</p> <p>1:30 PM- Reminiscing about the Good Old Days (Theatre)</p> <p>1:30 Chair Dance Exercise (956)</p> <p>3:00 PM - Memory in Motion-(Art Room) *Join us as we use a sequence of drumming to enhance memory</p>	<p>10:00- Stretching (956)</p> <p>2:30 PM-Movie- Mission Blue (956) “ Legendary oceanographer and TED prize winner Dr. Sylvia Earle is on a mission to save our oceans. Mission Blue is part action-adventure, part expose of an Eco-disaster. ... With oil gushing into the Gulf of Mexico, Sylvia and an environmental dream team race around the world trying to defend her 'Hope Spots'.</p> <p>If anyone needs crossword puzzles, word search or Sudoku please let Kourtney or Brenda know.</p>	<p>9:15 AM- Immanuel Lutheran Church Service (956)</p> <p>10:30 AM -Sunday Mass with Bishop Ricken CBS Channel 6</p> <p>2:30 PM- Chair Exercise (956)</p> <p>HISTORY In 1971, the Girl Scouts and Boy Scouts of America in conjunction with Keep America Beautiful, Inc. founded Keep America Beautiful Day. A week of activities followed in 1982, where cities celebrated with beautification events, school contests, and educational committees. By 1984, city officials across the country proclaimed Keep America Beautiful Month and planned expanded events and programs to improve their communities.</p>