

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Quote of the Month:</b></p> <p>“Acceptance doesn’t mean resignation; it means understanding that something is what it is and that there’s got to be a way through it.”</p> <p>- Michael J Fox</p>			<p><b>1</b></p> <p>9:30 Sit &amp; Stretch Exercise!            10:00 Aromatherapy &amp; Daily Chronicle            10:30 <b>Curious Dragonfly</b>             11:30 Cognitive Calisthenics            1:15 Spring Bingo            2:30 <b>Documentary: Laurel &amp; Hardy</b>            3:30 <b>Monarch's Musical Hour</b>            4:30 Pitch Perfect Fun Sing-Along!</p>	<p><b>2</b></p> <p>9:30 Exercise with Terri (Gym)            9:30 Sit &amp; Stretch Exercise!            10:00 Aromatherapy &amp; Daily Chronicle            10:30 <b>Creative Crafting: Tape Resist Watercolor Easter Eggs</b> &amp; Bistro Bites!            1:15 Wheelchair &amp; Walker Wash            1:30 <b>Sensory Outings Co</b>            2:45 <b>Happy Hour in the Bistro!</b>            3:00 Classic Music Videos “Forgotten 60s Songs”            4:15 Sing-Along Soirée!</p>	<p><b>3</b> National Find A Rainbow Day</p> <p>9:30 Creadiaz Chair Dancing            10:00 Aromatherapy &amp; Daily Chronicle            10:30 Cognitive Calisthenics &amp; Bistro Bites (Snacks)!            1:15 Music &amp; Movement: Scarf Dancing            2:00 <b>Creative Crafting: Rainbow Paper Chain Suncatcher</b>             3:30 Shabbat Services            3:30 Tovertafel, Sensory Games &amp; Puzzle Palooza!            4:15 Classic Trivia! (LL)</p>	<p><b>4</b></p> <p>9:30 Sit &amp; Stretch Exercise!            10:00 Aromatherapy &amp; Daily Chronicle            10:30 Cognitive Calisthenics &amp; Bistro Bites (Snacks)!             1:15 Saturday Short Stories and Smiles            2:00 <b>Creative Crafting: Dot Art Easter Eggs</b>            3:30 Hand Massages with Makenna            3:30 Travelogue: Easter Island            4:15 Pitch Perfect Fun Sing-Along!</p>
<p><b>5</b> <i>Easter</i></p> <p>9:00 Catholic Sunday Mass            9:30 Sit &amp; Stretch Exercise!            10:00 <b>Easter Brunch in the Carillon Dining Room</b>            12:00 <b>Paper Easter Egg Wall Décor Craft</b>            1:30 <b>Armchair Travelogue! “Wonders of Caribbean’s Hidden Paradises”</b>            2:30 <b>Art: Decorate Easter Eggs</b>            3:30 The Mindful Meanders Walking Club            4:15 Pitch Perfect Fun Sing-Along!</p>	<p><b>6</b></p> <p>9:30 Chair Yoga (LL)            10:00 Aromatherapy &amp; Daily Chronicle            10:30 Cognitive Calisthenics &amp; Bistro Bites (Snacks)!            11:15 SingFit             1:00 <b>Music with Kiemel</b>            2:00 <b>Creative Crafting: Vases &amp; Cupcake Paper Flowers</b>            3:30 Motion Magic!  Hallway Bowling!            4:15 Sing-Along Soirée!</p>	<p><b>7</b></p> <p>9:30 Sit &amp; Stretch Exercise!            10:00 Aromatherapy &amp; Daily Chronicle            10:30 Exercise with Terri (Gym)            10:30 <b>Travelogue Tuesday “50 Manmade Wonders of the World”</b> &amp; Bistro Bites!            11:00 Catholic Communion             11:00 <b>Outing: Top Golf</b>             1:00 Classic Sitcom Favorites            2:00 Tovertafel, Sensory Games &amp; Puzzle Palooza!            2:30 Mugs N Muffins             3:00 Motion Magic! Indoor Bocce Ball            4:15 Tickle Me Tuesday! Cinema Silliness!</p>	<p><b>8</b> National Zoo Lovers Day</p> <p>9:30 Sit &amp; Stretch Exercise!            10:00 Aromatherapy &amp; Daily Chronicle            10:30 Cognitive Calisthenics &amp; Bistro Bites (Snacks)!            1:15 <b>Documentary: A Day at the San Diego Zoo</b>            2:15 Zoo Trivia!            2:30 <b>Stirring UP Smiles! Animal Crackers &amp; Funfetti Dessert Dip!</b>             3:30 <b>Monarch's Musical Hour</b>            4:30 Senior Sing-Along</p>	<p><b>9</b></p> <p>9:30 Exercise with Terri (Gym)            9:30 Sit &amp; Stretch Exercise!            10:00 Aromatherapy &amp; Daily Chronicle            10:30 Bistro Bites!             10:30 <b>Creative Crafting: Sock Bunnies!</b>            1:15 Soothing Soles: Foot Soaks &amp; Paint N Polish Manicures            1:15 <b>Documentary: Van Gogh</b>            2:45 <b>Happy Hour in the Bistro!</b>            3:00 Classic Music Videos “Forgotten 50s Songs”            4:15 Sing-Along Soirée!</p>	<p><b>10</b> National Farm Animal Day</p> <p>9:30 Sit &amp; Stretch Exercise!            10:00 Aromatherapy &amp; Daily Chronicle            10:30 <b>Creative Crafting: Farm Animal Watercolor</b> &amp; Bistro Bites (Snacks)!            1:15 Music &amp; Movement: Jam Band              2:00 <b>Curious Dragonfly</b>            2:30 “Haystack” Snack Time!            3:00 Tovertafel, Sensory Games &amp; Puzzle Palooza!            4:15 Farm Animal Trivia!</p>	<p><b>11</b> <b>Happy Birthday Jean!</b> </p> <p>9:30 Sit &amp; Stretch Exercise!            10:00 Aromatherapy &amp; Daily Chronicle            10:30 Cognitive Calisthenics &amp; Bistro Bites (Snacks)!            1:15 Saturday Short Stories and smiles            2:00 <b>Birthday Party for Jean Giroux!</b>            3:00 Motion Magic: Wii Bowling            4:15 Pitch Perfect Fun Sing-Along! </p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b> National Colorado Day  9:00 Catholic Sunday Mass 9:30 Spiritual Eldercare 10:15 Sit & Stretch Exercise! 10:45 Sunday Morning Coffee, Lucky Dabbers Chocolate BINGO & Bistro Bites! 1:15 <b>Armchair Travelogue!</b> "Colorado" 2:00 <b>Art: Color &amp; Create:</b> "Colorado Theme" 3:30 The Mindful Meanders Walking Club 4:15 Sing-Along Soirée!	<b>13</b> 9:30 Flex & Posture Exercise (LL) 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 11:15 SingFit  1:00 <b>Music with Kiemel</b> 2:00 <b>Creative Crafting:</b> Sensory Ribbon Rings 3:30 Motion Magic! Corn Hole Game 4:15 Pitch Perfect Fun Sing-Along! 	<b>14</b> 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Exercise with Terri (Gym) 10:30 <b>Travelogue Tuesday</b> "Top Wonders of our Planet" & Bistro Bites! 11:00 Catholic Communion (TH) 1:15 Laundry Basket Tic-Tac-Toe 2:30 Ice Cream Social  3:00 Name that Tune Trivia 4:15 Tickle Me Tuesday! Cinema Silliness!	<b>15</b> 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 11:00 Story Time with Molly 1:15 <b>Documentary: Titanic</b> 2:00 <b>Crafting: Spring Bunny Towel Origami</b> 3:30 <b>Monarch's Musical Hour</b> 4:30 Senior Sing-Along	<b>16</b> 9:30 Exercise with Terri (Gym) 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Expressions Bingo & Bistro Bites (Snacks)! 1:15 Wheelchair & Walker Wash 1:30 <b>Sensory Outings Co</b> 2:45 <b>Happy Hour in the Bistro!</b> 3:00 Classic Music Videos "Top Music Videos & Songs from the 50s and 60s" 4:15 Sing-Along Soirée!	<b>17</b> 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 1:15 Music & Movement: DrumFit 60s Edition 2:00 <b>Creative Crafting:</b> Button Tree 3:30 Shabbat Services  3:30 Tovertafel, Sensory Games & Puzzle Palooza! 4:15 Gardening Trivia!	<b>18</b> National Animal Cracker Day 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 1:15 Saturday Short Stories and Smiles  2:00 <b>Creative Crafting:</b> Circus Animals 3:30 Motion Magic: Beachball Toss 4:15 Pitch Perfect Fun Sing-Along!
<b>19</b> 9:00 Catholic Sunday Mass 9:30 Spiritual Eldercare 10:15 Sit & Stretch Exercise! 10:45 Sunday Morning Coffee, Lucky Dabbers Spring BINGO & Bistro Bites! 1:15 <b>Armchair Travelogue!</b> "The Wonders of Egypt" 2:00 <b>Art: Color &amp; Create:</b> "Egyptian Cat Designs" 3:30 The Mindful Meanders Walking Club 4:15 Pitch Perfect Fun Sing-Along! 	<b>20</b> 9:30 Plates in Hand Exercise (LL) 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 11:15 SingFit  1:00 <b>Music with Kiemel</b> 2:00 <b>Creative Crafting:</b> Butterfly Suncatchers 3:00 MH Neighborhood Meeting 3:00 <b>Documentary: "Through the Garden Gate"</b> 4:15 Sing-Along Soirée!	<b>21</b> 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Exercise with Terri (Gym) 10:30 <b>Travelogue Tuesday</b> "Ancient Ruins of the World" & Bistro Bites! 11:00 Catholic Communion (TH) 11:00 <b>Lunch Outing:</b> Black-eyed Pea  2:30 Wheel of Fortune!(LL) 3:30 Bean Bag Twister Game! 4:15 Tickle Me Tuesday! Cinema Silliness!	<b>22</b> National Jellybean Day 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 11:00 Story Time with Molly 1:15 <b>Documentary: The History of the Jellybean</b> 2:00 <b>Creative Crafting:</b> Lucky Horseshoes 3:30 <b>Monarch's Musical Hour</b> 4:30 Senior Sing-Along	<b>23</b> 9:30 Exercise with Terri (Gym) 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Giggles & Gestures! "Charades" & Bistro Bites! 1:15 Soothing Soles: Foot Soaks & Paint N Polish Manicures 1:15 <b>Documentary:</b> Sophia Loren 2:45 <b>Happy Hour in the Bistro!</b> 3:00 Classic Music Videos "Oldies 60s 70s 80s" 4:15 Sing-Along Soirée!	<b>24</b> National Pigs in a Blanket Day 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 1:15 Music & Movement: Chair Dancing to the 70s 2:00 <b>Creative Crafting:</b> Watercolor Doily Flowers 2:30 Afternoon "Pigs in a Blanket" Snack Time 3:30 Tovertafel, Sensory Games & Puzzle Palooza! 4:15 Spring/April Trivia!	<b>25</b> 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 1:15 Saturday Short Stories and Smiles  2:00 <b>Creative Crafting:</b> Decoupage Photo Frames 3:30 Motion Magic: Wii Bowling 4:15 Pitch Perfect Fun Sing-Along!
<b>26</b> National Audubon Day  9:00 Catholic Sunday Mass 9:30 Spiritual Eldercare 10:15 Sit & Stretch Exercise! 10:45 Sunday Morning Coffee, Lucky Dabbers BINGO (LL) & Bistro Bites (Snacks)! 1:15 <b>Armchair Travelogue!</b> Africa: The World of Birds 2:00 <b>Art: Color &amp; Create</b> "Birds" 3:30 The Mindful Meanders Walking Club 4:15 Pitch Perfect Fun Sing-Along!	<b>27</b> 9:30 Chair Pilates (LL) 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 11:15 SingFit  1:00 <b>Music with Kiemel</b> 2:00 <b>Art: Water Doodling</b> 3:30 Carillon Singers Concert(TH) 3:30 <b>Documentary: "Africa"</b> 4:15 Sing-Along Soirée! 	<b>28</b> National Blueberry Pie Day 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Exercise with Terri (Gym) 10:30 <b>Travelogue Tuesday</b> "Fairytale Castles" & Bistro Bites! 11:00 Catholic Communion 12:00 Monarch Pizza Party! 1:15 Balloon Volleyball 2:30 Blueberry Pie Social 3:00 <b>Concert David Wohl (BIS)</b> 4:15 Cinema Silliness!	<b>29</b> National Peace Rose Day 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites (Snacks)! 11:00 Story Time with Molly 1:15 <b>Documentary: Rose Queen of the Flowers</b> 2:00 <b>Creative Crafting:</b> Peace Rose Watercolor 3:30 <b>Monarch's Musical Hour</b> 4:30 Senior Sing-Along	<b>30</b> National Oatmeal Cookie Day 9:30 Exercise with Terri (Gym) 9:30 Sit & Stretch Exercise! 10:00 Aromatherapy & Daily Chronicle 10:30 Cognitive Calisthenics & Bistro Bites! 1:15 <b>Creative Crafting:</b> May Day Baskets  2:30 Oatmeal Raisin Cookies and Cocoa Social 2:45 <b>Happy Hour in the Bistro!</b> 3:00 Classic Music Videos 4:15 Sing-Along Soirée!	<b>Calendar Key:</b> PDR – Private Dining Room BIS – Bistro LL – LifeLoop App	