Independent Living

April 2018

Shine. Everyday.						Shine. Everyday.
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:00 Coffee Chat (NL) 10:30 Easter Brunch (DR) 1:00 Easter Brunch (DR) 2:30 Aerobic Exercise (A) 4:00 Sequence (NL) 6:30 Card Club (NL)	9:00 Coffee Chat (NL) 10:30 Weekly Review of Activities (NL) 11:00 Exercise: Yoga (A) 2:00 Resident Birthday Celebration with Comedy by Mustache Pete (NL) 3:30 Guided Meditation with Kamau (A) 6:30 Game Night (NL)	9:00 Coffee Chat & Pet Hour (A) 10:00 Word Games (B) 10:30 Exercise: Balance in Action (B) 11:15 Meijer Shopping 1:00 Taboo (B) 2:00 Bible Study with Bob (B) 3:00 Preemie Pals: Quilt Squares (A) 6:30 Hand Massages (A)	9:00 Coffee Chat (NL) 10:00 Creative Writing with Nan (B) 11:00 Exercise: Balance in Action (B) 1:00 Stitching Sisters (A) 2:00 Non Denomination Church Service (TH 3:00 Advanced Bingo & Beverages (A) 3:00 Bingo (B) 6:30 Evening Stretches (A)	9:00 Coffee Chat (NL) 10:30 Wellness Checks with Heather (W) 11:00 Exercise: Balance in Action (B) 11:00 Lunch Bunch: Quarter Bistro 1:30 Program Planning Meeting (A) 2:00 Men's Group: 10 Trick (NL) 3:30 Cookie Madness Happy Hour Featured Drink: Milk Shot (Pub) 6:30 Hand Massages (B)	9:00 Coffee Chat & Pet Hour (A) 10:00 Catholic Communion & Prayer (B) 11:00 Exercise: Move to the Music (B) 1:00 Veteran's Club (PDR) 3:30 Basic 21 (B) 6:30 The Crown, episode 8 (TH)	9:00 Coffee Chat (NL) 11:00 Walking Club (NL) 2:00 Live Entertainment: Ear Candy (NL) 6:00 Struck and Plucked: Adventures in Music of the Philippines at U of M
8	9	10	11	12	13	14
9:00 Coffee Chat (NL) 1:00 Euchre Tournament (A) 3:00 Aerobic Exercise (A) 6:30 Learn to play Euchre (NL)	3:00 Learn to play shuffleboard (B)	9:00 Coffee Chat & Pet Hour (A) 10:00 Travelogue (B) 10:00 Open Swim at Saline Rec Center 10:30 Exercise: Balance in Action (B) 11:15 Walmart Shopping 2:00 Tea Time Gathering (pub) 2:00 Bible Study with Bob (B) 3:00 Manicures & Mimosas (A) 6:00 Hand Massages (A)	10:00 Creative Writing with Nan (B)	9:00 Coffee Chat (NL) 10:30 Wellness Checks with Heather (W) 11:00 Canvas Collages exhibit at The Ann Arbor Library 11:00 Exercise: Balance in Action (B) 1:30 Card Making 3:30 Happy Hour (Pub) Featured Drink: Cosmopolitan 6:30 Hand Massages (B)	9:00 Coffee Chat & Pet Hour (A) 10:00 Catholic Communion & Prayer (B) 11:00 Exercise: Move to the Music (B) 1:00 Veteran's Club (PDR) 2:00 TED Talk: Creativity(TH) 3:30 Basic 21 (B) 6:30 The Crown, episode 9 (TH)	9:00 Coffee Chat (NL) 11:00 Theraband Stretching (A) 2:00 Spring Canvas Painting (A) 6:30 Movie Night (TH)
15	16	17	18	19	20	21
9:00 Coffee Chat (NL) 1:00 Sequence (NL) 3:00 Aerobic Exercise (A) 6:30 Card Club (NL)	 10:30 Weekly Review of Activities (NL) 11:00 Exercise: Yoga (A) 1:00 Crafting: Picture Frames 2:00 Nurse Chat with Heather (TH) 3:30 Guided Meditation with Kamau (A) 	3:30 Live Entertainment, Jerry Perrine, pianist (NL)	 10:00 Creative Writing with Nan (B) 11:00 Exercise: Balance in Action (B) 1:00 Stitching Sisters (A) 2:00 Non Denomination Church Service (TH 3:00 Advanced Bingo & Beverages (A) 3:00 Bingo (B) 	9:00 Coffee Chat (NL) 10:00 Toledo Zoo 10:30 Wellness Checks with Heather (W) 11:00 Exercise: Balance in Action (B) 2:00 Resident Forum 3:30 Happy Hour (Pub) Featured Drink: 7 and 7 6:30 Hand Massages (B)	9:00 Coffee Chat & Pet Hour (A) 10:00 Catholic Communion & Prayer (B) 11:00 Exercise: Move to the Music (B) 1:00 Veteran's Club (PDR) 3:30 Basic 21 (B) 6:30 The Crown, episode 10 (TH)	9:00 Coffee Chat (NL) 11:00 Walking Club (NL) 2:00 Cooking with Ingrid (A) 6:30 Movie Night (TH) 7:00 Ann Arbor Symphony Orchestra: Verdi Requiem at Hill Auditorium
22	23	24	25	26	27	28
9:00 Coffee Chat (NL) 1:00 Euchre Tournament (A) 2:00 Live Entertainment: Take Note (NL) 3:00 Aerobic Exercise (A) 6:30 Learn to play Euchre (NL)		9:00 Coffee Chat & Pet Hour (A) 10:00 Open Swim at Saline Rec Center 10:00 Trivia (B) 10:30 Exercise: Balance in Action (B) 11:15 Walmart Shopping 2:00 Drums Alive! (A) 2:00 Bible Study with Bob (B) 2:30 Men's Outing: Stony Lake Brewery	3:00 Advanced Bingo & Beverages (A) 3:00 Bingo (B)	9:00 Coffee Chat (NL) 10:30 Wellness Checks with Heather (W) 11:00 Exercise: Balance in Action (B) 1:30 Team Trivia: Fact or Fiction (A) 3:30 Happy Hour (Pub) Featured Drink: Oatmeal Cookie Cocktail 6:30 Hand Massages (B)	9:00 Coffee Chat & Pet Hour (A) 10:00 Catholic Communion & Prayer (B) 11:00 Exercise: Move to the Music (B) 1:00 Veteran's Club (PDR) 2:00 Gardening Club (SL) 3:30 Basic 21 (B) 6:30 The Crown, Season 2: episode 1 (TH)	9:00 Coffee Chat (NL) 11:00 Theraband Stretching (A) 12:00 Cookie Madness Final Event At Skyline High School 2:00 Live Entertainment: Steven Steinert, pianist (NL) 6:30 Movie Night (TH)
29	30					
6:30 Card Club (NL)	9:00 Coffee Chat (NL) 10:30 Weekly Review of Activities (NL) 11:00 Exercise: Yoga (A) 2:00 New Resident Social: PB & J Party (A) 3:30 Guided Meditation with Kamau (A) 6:30 Game Night (NL)					
A - Community Room A	Theater - Theater SL - So	South Lobby Bistro - Bistro	V	W - Wellness DR - Dini	ning Room	
B - Community Room B NL - North Lobby FC - Fitness Center ICR - Independent Conference Room CY - Courtyard L - Library						

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