

Independence Village of Traverse City

Independent Living

April 2026

Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|--|
| | March 30 10:30 Weight Training Video (ER) 11:00 Chair Exercise (AA) 1:30 Blood Pressure Clinic 2:00 Paint-A-Nail Hour (AA) 4:00 Worship Songs with Jeff 6:00 Resident Led Games (P) | March 31 8:30/9:00/9:30 Shopping Meijer 11:00 Chair Exercise (AA) 1:30 Quarter Bingo (AA) 3:00 Spintopia Game (P) 6:00 Resident Led Games (P) | April Fool's Day! 1 10:45 Communion (GP) 11:00 Exercise Moves W/Michaela (AA) 2:00 Healthy Brain Chat W/ Kristen (GP) 3:30 Wine Down Wed (A) 6:00 Resident Led Games (P) | 2 11:00 Chair Exercises(AA) 11:30 Outing- Olive Garden 2:00 May Activity Planning Meeting (AA) 3:00 Crafting W/ Kaye (AA) 6:00 Resident Led Games (P) | Good Friday 3 9:00 Easter Scavenger Hunt 11:00 Chair Exercises(AA) 1:30 Tie-Dye Easter Eggs(AA) 2:00 Bible Study (GP) 4:00 Easter Hunt Winner's Announced (A) 6:00 Resident Led Games (P) | 4 11:00 Exercise Moves W/Michaela (AA) 1:30 Serve it Up! Volleyball Fun (A) 2:00 Book Club (GP) 3:00 Candy BINGO (AA) 6:00 Resident Led Games (P) |
| EASTER 5 9:30 Church Services (GP) 11:00 Hoppy Chair Zumba 11:00 Easter Sunday Buffet Celebration (DR) 1:30 Hop In & Make A Spring Floral Wreath (AA) 6:00 Puzzle group (L) | 6 11:00 Exercise Moves W/Michaela (AA) 1:30 Blood Pressure Clinic 2:00 Paint-A-Nail Hour (P) 4:00 Worship Songs with Jeff (GP) 6:00 Resident Led Games (P) | 7 8:30/9:00/9:30 Shopping Meijer 10:00 Balance Bingo (AA) 11:00 Chair Exercise (AA) 1:30 Quarter Bingo (AA) 3:00 Chinese Checkers (P) 6:00 Resident Led Games (P) | 8 10:45 Communion (GP) 11:00 Exercise Moves W/Michaela (AA) 2:00 Performer- Billy McAllister (A) 3:30 Wine Down Wed (A) 6:00 Resident Led Games (P) | 9 11:00 Chair Exercises(AA) 11:45 Outing- The Elk's Club Lunch 2:00 Spintopia Game (P) 3:00 Men's Group Kickoff (P) 6:00 Resident Led Games (P) | 10 10:00 Chef Chat (P) 11:00 Exercise With Powerback (AA) 2:00 Bible Study (GP) 3:00 Tabletop Bowling (AA) 6:00 Resident Led Games (P) | 11 11:00 Exercise Moves W/Michaela (AA) 2:00 TED Talks- Drones For Good (GP) 3:00 Candy BINGO (AA) 6:00 Resident Led Games (P) |
| 12 9:30 Church Service (GP) 11:00 Exercise Video (AA) 2:00 Popcorn & Trivia Hour (P) 3:00 Card Games with Michaela (P) 6:00 Puzzle Group (L) | 13 11:00 Exercise Moves W/Michaela (AA) 1:30 Blood Pressure Clinic 2:00 Paint-A-Nail Hour (P) 4:00 Worship Songs with Jeff (GP) 6:00 Resident Led Games (P) | 14 8:30/9:00/9:30 Shopping Meijer 11:00 Chair Exercise (AA) 1:30 Quarter Bingo (AA) 3:00 Ladies' Spring Floral Tea Time (L) 6:00 Resident Led Games (P) | Spring Break Fun Day! 15 10:45 Communion (GP) 11:00 Exercise Moves W/Michaela (AA) 1:30 Resident Forum (AA) 3:30 Spring Fling Happy Hour (A) 6:00 Resident Led Games (P) | 16 9:30 Outing- Rockin' Resale Shopping 11:00 Chair Exercises (AA) 2:00 Spintopia Game (P) 3:00 Performer- Mark DeNoyelles (P) 6:00 Resident Led Games (P) | 17 11:00 Exercise With Powerback (AA) 2:00 Bible Study (GP) 3:00 April Birthday Celebration (A) 3:30 Tabletop Bowling (AA) 6:00 Resident Led Games (P) | 18 11:00 Exercise Moves W/Michaela (AA) 1:30 Serve it Up! Volleyball Fun (A) 2:00 Book Club (GP) 3:00 Candy BINGO (AA) 6:00 Resident Led Games (P) |
| 19 9:30 Church Service (GP) 11:00 Exercise Video (AA) 2:00 Popcorn & Trivia Hour (P) 3:00 Card Games with Michaela (P) 6:00 Puzzle Group (L) | 20 11:00 Exercise Moves W/Michaela (AA) 1:30 Blood Pressure Clinic 2:00 Paint-A-Nail Hour (P) 3:00 TC Mobile Library (AA) 4:00 Worship Songs with Jeff 6:00 Resident Led Games (P) | 21 8:30/9:00/9:30 Shopping Meijer 10:00 Balance Bingo (AA) 11:00 Chair Exercise (AA) 1:30 Staff One Team Broadcast (AA) 6:00 Resident Led Games (P) | Earth Day 22 10:45 Communion (GP) 11:00 Exercise Moves W/Michaela (AA) 1:30 Performer- Marty Miller 3:30 Earth Day Happy Hour & Plant a Pansy (A) 6:00 Resident Led Games (P) | Go Tiger's Spirit Day! 23 11:00 Chair Exercises(AA) 1:10 Tiger's Stadium Social(P) 1:15 Outing- TC Library Tour & 3D Printing Demo 3:00 Tigers Spirit Day: Winners Revealed 6:00 Resident Led Games (P) | 24 10:30 New Resident Welcome Social (A) 11:00 Exercise W/Powerback 2:00 Bible Study W/Chaplain Kristine (GP) 3:00 Heart Strings Cello (DR) 6:00 Resident Led Games (P) | 25 10:00 Veteran's Coffee Group (PDR) 11:00 Exercise Moves (AA) 2:00 TED Talks- Power Foods For The Brain (GP) 3:00 Candy BINGO (AA) 6:00 Resident Led Games (P) |
| 26 9:30 Church Service (GP) 11:00 Exercise Video (AA) 2:00 Mercedes & Friends Dance Moves (AA) 3:00 Card Games with Michaela (P) 6:00 Puzzle Group (L) | 27 11:00 Exercise Moves W/Michaela (AA) 1:30 Blood Pressure Clinic 2:00 Paint-A-Nail Hour (P) 4:00 Worship Songs with Jeff (GP) 6:00 Resident Led Games (P) | 28 8:30/9:00/9:30 Shopping Meijer 11:00 Chair Exercise (AA) 1:30 Quarter Bingo (AA) 3:30 Performer- AL Firek 6:00 Resident Led Games (P) | 29 10:45 Communion (GP) 11:00 Exercise Moves W/ Michaela (AA) 2:00 Spring Colors: Paint Session with Miriam Pico(AA) 3:30 Wine Down Wed (A) 6:00 Resident Led Games (P) | 30 9:00 Outing- Hilbert's Honey Tour 11:00 Chair Exercises(AA) 1:30 TEACH School Choir 3:00 Birdhouse Builders: Men's Group (P) 6:00 Resident Led Games (P) | | |

Calendar Key:
 A – Atrium
 AA- Activity Area
 GP- Gathering Place

DR- Dining Room
 FY- Front Yard
 ER- Exercise Room
 P- Pub

PDR- Private Dining Romm
 L – Library

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Independence Village SENIOR LIVING