

Glen Abbey Assisted Living and Memory Care

April 2026

Memory Care

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Cardio Drumming 1:00 April Fools Shenannigans 3:00 Floor Hockey 6:00 Aromatherapy and Breathing Exercises	2 10:00 Chair Stretches 1:00 Manicures and Hand Massages 3:00 Garden Club 6:00 Music and Realxation	3 10:00 Zumba 1:00 Tigers Opening Home Game 3:00 Spring Crft 6:00 Coloring and Evening Chat	4 11:00 Chair Stretches 1:00 Guess What's In The Box 4:00 Evening Tea and Reflections
Easter 5 10:00 Church Service 1:00 Chair Stretches 3:00 Easter Egg Hunt 6:00 Popcorn and Movie	Caroline's Birthday 6 10:00 Cardio Drumming 1:00 Bowling 3:00 Kinetic Sand Castles 6:00 Coloring and Evening Chat	7 10:00 Chair Stretches 1:00 Cup Pong 3:00 Puzzles and Games 6:00 Music and Realxation	8 10:00 Resistance Bands 1:00 Axe Throwing 3:00 Minute to Win It Games 6:00 Short Story Read-Along	9 10:00 Chair Exercise 1:00 Coloring and Conversation 3:00 Bingo 6:00 Poetry Reading	10 10:00 Cardio Drumming 1:00 Making Music 3:00 Jeopardy 6:00 Aromatherapy and Breathing Exercises	11 11:00 Zumba 12:30 Josh Men's Group 4:00 Evening Tea and Reflections
12 10:00 Church Service 1:00 Cardio Drumming 6:00 Popcorn and Movie	13 10:00 Exercise Weights 1:00 Manicures and Hand Massages 3:00 Scrabble Word Game 6:00 Music and Meditation	14 10:00 Cardio Drumming 1:00 Garden Rock Painting 3:00 Card Games 6:00 Aromatherapy and Breathing Exercises	15 10:00 Cardio Drumming 1:00 Dice Games 3:00 Snacks with Sarah 6:00 Coloring and Evening Chat	16 10:00 Cardio Drumming 1:00 Card Matching Game 3:00 Garden Club 6:00 Short Story Read-Along	17 10:00 Cardio Drumming 1:00 Bingo 3:00 Axe Throwing 6:00 Music and Realxation	18 11:00 Pastor Glass Church 1:00 Zumba 4:00 Evening Tea and Reflections
19 10:00 Church Service 1:00 Chair Exercise 6:00 Popcorn and Movie	20 10:00 Cardio Drumming 1:00 Calming Jars 3:00 Drinks with Netta and Alicia 6:00 Poetry Reading	21 10:00 Cardio Drumming 1:00 Bowling 3:00 Bingo 6:00 Short Story Read-Along	Joy's Birthday 22 10:00 Cardio Drumming 1:00 Eartch Day Tree and Flower Planting 3:00 Card Games 6:00 Aromatherapy and Breathing Exercises	23 10:00 Cardio Drumming 1:00 Bracelet Making 3:00 Water Color Painting 6:00 Music and Realxation	24 10:00 Cardio Drumming 1:00 Painting 3:00 Card Games 6:00 Coloring and Evening Chat	25 11:00 Chair Stretches 1:00 Chair Kickball 4:00 Evening Tea and Reflections
26 10:00 Church Service 1:00 Chair Stretches 6:00 Popcorn and Movie	Living Like Royalty 27 11:00 Resistance Bands 12:00 Royal Gathering Lunch 1:00 Crown or Sword Carft 4:00 Trivia 6:00 King Arthur	28 11:00 Chair Exercise 2:00 Pirate Bingo 3:00 Treasure Hunt 5:00 Pirate Dinner Party 6:00 Pirates of the Carribean Movie	29 11:00 Cardio Drumming 1:00 Carnival Games 3:00 Riddles and Jokes 6:00 The Princess Bride Movie	Audrey's Birthday 30 11:00 Pool Nodle Jousting 1:00 Shield Decorating 3:00 Fairytale Story Circle 6:00 A Knights Tale Movie		

Calender Key:

- MD – Main Dining**
- MC – Memory Care**
- PD – Private Dining**

CD – Cooking Room

- L – Lobby**
- P - Patio**
- O - Outside**

B- Beauty Salon

- H- Hall**
- CR-Community Room**

Breakfast:
8:00am

Lunch:
12:00pm

Dinner:
5:00pm