

Wellness

Programs

April

2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: AR- Activity Room BR -Bridge Room CH-Chapel CL- Computer Lab Conf. Rm-Conference Room CR- Carolina Room DR- Dining Room FC-Fitness Center LBR- Library LR-Living Room LVR-Lakeview Room PDR-Private Dining Room	Monthly Shopping Schedule: Monday: Food Lion 3rd Monday: Cary Town Center Wednesdays: Harris Teeter and Walmart					
1	2	3	4	5	6	7
Palm Sunday			Dr. Hill Podiatrist Visits	Manicure/Pedicure Day	Good Friday	Passover
10:00 Church Transportation	9:00 Water Walking - Pool	9:30-11:30 WT Computer 101-CL	9:00 Walking Club w/Janett-LVR	9:30 Parkinson's Exercise Class-FC	9:00 Water Walking - Pool	
10:00 Woodland Comm. Church-CR	9:00 Walking Club w/Janett-LVR	10:30 Exercise w/Heather-FC	9:30 Communion-Chapel	10:30 Exercise w/Heather-FC	9:30 BP Clinic w/Jim-AR	11:00 Balloon Volleyball-FC
	9:30 Shopping		9:30 Shopping		10:00 AARP Tax Day -CL	
	10:30 Exercise w/Janett -FC		10:30 Get Movin' w/Linda-FC	1:00 Line Dancing w/Leni - FC		
2:00 Bingo Self Directed - LVR		2:00 Bingo - LVR	11:00 Friendship Grp Mtg-LVR	2:00 Celebrate Jazz History Mth		
4:00 Violin Concert w/Vollmer and Katherine - CR	12:00 Aqua Cardio Class-Pool	3:00 Happy Hour - CR	11:00 Balance Class w/Martine-FC	"Billie Holiday"-CR	2:00 Knit & Crochet Circle -AR	2:00 In-House Matinee Ch.11
	12-4 Private Event-CR	3:30 Hand Massages w/Pamela-AR		2:00 Activity Comm. Mtg. - FC	3:00 Bible Readings w/Julie - LVR	"Radio Days" (1987)
	1:00 Open Bridge Group- BR		12:00 Aqua Cardio Class-Pool	2:00 Bingo - LVR		
	2:00 Senior Side-Kick Visits		1:00 Open Bridge - BR	3:00 Find Out "What's Happening This Month?" - CR		
6:30 Puzzles & Games-LR	3:00 Bible Study -LVR	6:00 WT The Second World War w/ Richard Croxton - CR	2:00 Mental Aerobics -CR	3:30 Bell Choir "Terrace"-CR		
7:00 Sunday Nite Movie-Ch. 11 "White Heat" (1949)	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	7:00 Spiritual Hour w/Greg-CR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR
8	9	10	11	12	13	14
Happy Easter!	9:00 Water Walking - Pool	9:30-11:30 WT Computer 101-CL	9:00 Walking Club w/Janett-LVR			
	9:00 Walking Club w/Janett-LVR	10:00 Hearing Checks - AR	9:30 Communion-Chapel	9:30 Parkinson's Exercise Class-FC	9:00 Water Walking - Pool	10-2 Farmer's Market - Patio
No Church Transportation	9:30 Shopping	10:30 Exercise w/Heather-FC	9:30 Shopping	10:30 Exercise w/Heather-FC	10:30 Exercise w/Janett-FC	10-2 Car & Walker Wash for Cystic Fibrosis - Parking Lot
10:00 Woodland Comm. Church-CR	10:30 Exercise -FC		10:30 Get Movin' w/Linda-FC			11:00 Balloon Volleyball-FC
	11:00 Dining Comm. Mtg. - PDR	1:30-3:30 Alterations w/Jean - FC	11:00 Balance Class w/Martine-FC			2:00 In-House Matinee Ch.11
2:00 Bingo Self Directed - LVR		1:15 Bldg & Grds Comm.-PDR		1:00 Line Dancing w/Leni - FC	2:00 Knit & Crochet Circle -AR	"The Help" (2011)
		2:00 Bingo - LVR	12:00 Aqua Cardio Class-Pool	2:00 Celebrate Jazz History Mth	2:00 Memoir Writers Class - PDR	
	12:00 Aqua Cardio Class-Pool	3:00 Happy Hour w/Mark - CR	12:00 Birthday Luncheon-LVR	"Ella Fitzgerald"-CR	3:00 Bible Readings w/Julie - LVR	
	1:00 Open Bridge Group- BR	3:30 Hand Massages w/Pamela-AR	1:00 Open Bridge - BR	2:00 Bingo - LVR		
	2:30 Music Time w/Martine-CR	4:30 Ladies Night Out-"Heron's"	2:00 Mental Aerobics -CR	3:30 Bell Choir "Woodland"-CR		
6:30 Puzzles & Games-LR	3:00 Bible Study -LVR	6:00 WT The Second World War w/ Richard Croxton - CR	3:00 Play Croquet w/Mike-CR		6:30 NC Symphony "Pops"	
7:00 Sunday Nite Movie-Ch. 11 "The Ten Commandments" (1956)	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	"The Music Man"	
			7:00 Spiritual Hour w/Greg-CR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
10:00 Church Transportation	9:00 Water Walking - Pool	9:30 Bingo Outing at McDonald's	8-4 Private Training Event-CR	8-4 Private Training Event-CR	8:00 Fishing & Picnic at Bass Lake	10-2 Farmer's Market - Patio
10:00 Woodland Comm. Church-CR	9:00 Walking Club w/Janett-LVR	9:30-11:30 WT Computer 101-CL	9:00 Walking Club w/Janett-LVR	9:30 Parkinson's Exercise Class-FC	9:00 Water Walking - Pool	10:00 VA Aid & Attendance - CR
	9:30 Cary Towne Mall Drop-Off & Shopping	10:30 Exercise w/Heather-FC	9:30 Communion-Chapel	10:30 Exercise w/Martine-FC	9:30 BP Clinic w/Jim-AR	
	10:30 Exercise w/Janett -FC	2:00 Bingo - LVR	9:30 Shopping		10:30 Exercise w/Janett -FC	
2:00 Bingo Self Directed - LVR	12:00 Aqua Cardio Class-Pool	3:00 New Resident Happy Hour w/Barbara - CR	10:30 Get Movin' w/Linda-FC	1:00 Line Dancing w/Leni - FC		11:00 Balloon Volleyball-FC
3:00 Quarterly Association Mtg.-DR			11:00 Balance Class w/Martine-FC	1:00 Associate Luncheon-CR		
4:00 Celebrate Soft Pretzel Mth-CR	1:00 Open Bridge Group- BR	3:30 Hand Massages w/Pamela-AR	1:00 Open Bridge - BR	2:00 Bingo - LVR	2:00 Knit & Crochet Circle -AR	
	2:00 Hall Party - 1st Floor-CR	4:30 Men's Night Out	1-3 Flowers By Design - LVR	4:30 "April in Paris" Theme Dinner w/ Debbie Verdamo-DR	3:00 Bible Readings w/Julie - LVR	2:00 In-House Matinee Ch.11 "Red" (2010)
	3:00 Bible Study -LVR	"Rockwell American Grill"	3:00 Parkinson's Support Grp.-FC	6:30 Alz Family Caregiver Support Group- CR		
6:30 Puzzles & Games-LR	"Forgiving as God's People"	6:00 WT The Second World War w/ Richard Croxton - CR	"Dressing Tips" w/Occupational Therapist Matt Lee	6:30 Puzzles & Games-LR		
7:00 Sunday Nite Movie-Ch. 11 "The Diary of Anne Frank" (1959)	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR
			7:00 Spiritual Hour w/Greg-CR			
22	23	24	25	26	27	28
Earth Day			8-4 Private Training Event-CR	8-4 Private Training Event-CR		
10:00 Church Transportation	9:00 Water Walking - Pool	9:30-11:30 WT Computer 101-CL	9:00 Walking Club w/Janett-LVR	9:30 Wake County Librarian Visits - AR	9:00 Water Walking - Pool	10-2 Farmer's Market - Patio
10:00 Woodland Comm. Church-CR	9:00 Walking Club w/Janett-LVR	10:30 Exercise w/Heather-FC	9:30 Communion-Chapel	9:30 Parkinson's Exercise Class-FC	9:30 BP Clinic w/Jim-AR	11:00 Balloon Volleyball-FC
	9:30 Shopping		9:30 Shopping	10:30 Exercise w/Heather-FC	10:30 Exercise w/Janett-FC	
	10:30 Exercise w/Janett -FC	2:00 Bingo - LVR	10:30 Get Movin' w/Linda-FC		1:00 Duke Gardens & Ice Cream	
2:00 Bingo Self Directed - LVR		3:00 Happy Hour w/Barbara - CR	11:00 Balance Class w/Martine-FC			12:30 NC Theater "Steel Magnolias" Show at 2pm
3:00 Earth Day Celebration with Erin-CR	12:00 Aqua Cardio Class-Pool	3:30 Hand Massages w/Pamela-AR		1:00 Line Dancing w/Leni - FC	2:00 Memoir Writers Class - PDR	
	1:00 Open Bridge Group- BR	4:30 Couples Night Out "518 West"	12:00 Aqua Cardio Class-Pool	2:00 Celebrate Jazz History Mth "Duke Ellington"-CR	2:00 Knit & Crochet Circle -AR	2:00 In-House Matinee Ch.11 "Sherlock Holmes" (2009)
	2:30 Music Time w/Martine-CR	(Any Two People Count as Couple)	12:00 Ladies Luncheon - LVR	2:00 Bingo - LVR	3:00 Bible Readings w/Julie - LVR	
	3:00 Bible Study -LVR		1:00 Open Bridge - BR			
6:30 Puzzles & Games-LR	"Loving as God's People"	6:00 WT The Second World War w/ Richard Croxton - CR	2:00 Mental Aerobics -AR			
7:00 Sunday Nite Movie-Ch. 11 "Arsenic and Old Lace" (1944)	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR	6:30 Puzzles & Games-LR
			7:00 Spiritual Hour w/Greg-CR			
29	30					
10:00 Church Transportation	9:00 Water Walking - Pool					
10:00 Woodland Comm. Church-CR	9:00 Walking Club w/Janett-LVR					
	9:30 Shopping					
	10:30 Exercise w/Janett -FC					
2:00 Bingo Self Directed - LVR						
2:30 Cary Players	12:00 Aqua Cardio Class-Pool					
"The Rainmaker" Show at 3pm	1:00 Open Bridge Group- BR					
	2:00 Hall Party #201-216-CR					
	3:00 Bible Study -LVR					
	"Praying as God's People"					
6:30 Puzzles & Games-LR						
7:00 Sunday Nite Movie-Ch. 11 "Dial M for Murder" (1954)	6:30 Puzzles & Games-LR					
	7:00 Vocal Motion Show Choir-DR					

Monthly Shopping Schedule:
 Monday: Food Lion
 3rd Monday: Cary Town Center
 Wednesdays: Harris Teeter and Walmart

KEY:
 AR- Activity Room
 BR -Bridge Room
 CH-Chapel
 CL- Computer Lab
 Conf. Rm-Conference Room
 CR- Carolina Room
 DR- Dining Room
 FC-Fitness Center
 LBR- Library
 LR-Living Room
 LVR-Lakeview Room
 PDR-Private Dining Room