

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>ACTIVITIES SUBJECT TO CHANGE</b>	9:00 am Outdoor Walk <b>1</b> 9:00 am Balloon Volleyball 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Mental Stimulation 12:45 pm Sing-a-long 1:30 pm Nickle Bingo 1:45 pm Sitting Aerobics 3:00 pm <b>SWEET G'S</b> <small>All Fools' Day</small>	9:00 am Sitting Yoga <b>2</b> 9:30 am Sitting Aerobics 9:35 am Mental Stimulation 10:20 am <u>Chat w/Ricky</u> 10:30 am <u>Putting Green</u> 12:45 pm Nails w/Olivia 1:30 pm Nickle Bingo 3:00 pm Nail Salon 4:00 pm Bible Study w/Sheila 4:00 pm Balloon Volleyball	CHOCOLATE MOUSSE DAY <b>3</b> 9:20 am Coffee Chat 9:30 am Juice Chat 10:20 am Trivia 10:15 am Chair Yoga 10:30 am <b>99 CENT STORE</b> 1:30 pm Nickle Bingo 1:45 pm <u>Facials w/Nilia</u> 2:45 pm Outdoor Walk 3:35 pm Balloon Volleyball	9:00 am Bingo <b>4</b> 9:30 am Sitting Aerobics 9:35 am Exercise w/Kathy 10:15 am Catholic Mass 12:45 pm Olivia's Choice 1:20 pm Nickle Bingo 2:30 pm Bible Study w/Anne 2:45 pm Outdoor Walk 3:30 pm <b>ALVIN</b>	9:00 am Dancing <b>5</b> 9:00 am Coffee Chat 9:00 am Juice Chat 9:35 am Exercise w/Kathy 10:15 am Music Makers 10:15 am Sitting Whoga 11:00 am Remy 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:35 pm Balloon Volleyball	9:00 am Sitting Aerobics <b>6</b> 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Picture Binder 12:30 pm Bible Study w/Culleys' 12:45 pm Outdoor Walk 2:00 pm Balloon Volleyball 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball	
	NAT. COFFEE CAKE DAY <b>7</b> 9:30 am Coffee Chat 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Hand Massages 11:00 am Hangman 12:45 pm Outdoor Walk 2:00 pm Nickle Bingo 2:00 pm Mental Stimulation 3:30 pm Balloon Volleyball	9:00 am Outdoor Walk <b>8</b> 9:00 am Balloon Volleyball 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Country Ride 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:30 pm Sitting Yoga 3:30 pm Balloon Volleyball	9:00 am Chair Yoga <b>9</b> 9:30 am Sitting Aerobics 10:15 am Loving Animals 11:00 am <u>Town Hall</u> 12:45 pm Olivia's Choice 1:30 pm Bingo 2:45 pm Outdoor Walk 3:00 pm Nail Salon 4:00 pm Bible Study w/Sheila 4:00 pm Balloon Volleyball	NAT. SIBLINGS DAY <b>10</b> 9:00 am Dancing 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 11:00 am <b>MEL'S DINER</b> 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:30 pm Balloon Volleyball 3:35 pm Balloon Volleyball	9:00 am Facials <b>11</b> 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Communion Service 10:20 am Trivia 11:00 am Remy 12:45 pm Bingo w/Olivia 1:20 pm Nickle Bingo 2:30 pm Bible Study w/Anne 2:45 pm Outdoor Walk 3:30 pm Easter Craft 3:35 pm Balloon Volleyball	NAT. GRILLED CHEESE DAY <b>12</b> 9:00 am Facials 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Whoga 10:20 am Trivia 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:30 pm Puzzles 3:35 pm Balloon Volleyball	9:00 am Balloon Volleyball <b>13</b> 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Hangman 10:45 Stretch and Flex 12:30 pm Bible Study w/Culleys' 12:45 pm Outdoor Walk 2:00 pm Nickle Bingo 3:30 pm Color Creations 3:30 pm Balloon Volleyball
	9:00 am Bingo <b>14</b> 9:30 am Coffee Chat 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Hand Massages 11:00 am April Trivia 11:30 am <u>Visit by Girl Scouts</u> 12:45 pm Outdoor Walk 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball <small>Palm Sunday</small>	PATRIOT'S DAY <b>15</b> 9:00 am Outdoor Walk 9:00 am Balloon Volleyball 9:20 am Coffee Chat 10:15 am Sitting Yoga 10:20 am Country Ride 10:30 pm <u>Chef Chat w/Tony</u> 1:30 pm Nickle Bingo 3:00 pm <b>BIRTHDAY PARTY W SWEET G'S</b>	9:00 am <u>Will C Wood</u> <b>16</b> <u>Interviews</u> 9:35 am Mental Stimulation 10:30 am Putting Green 10:30 am <u>Hand Massages w/Siobhan</u> 12:45 pm Facials w/Olivia 1:30 pm Nickle Bingo 3:00 pm Nail Salon 4:00 pm Bible Study w/Sheila 4:00 pm Balloon Volleyball	9:00 am Dancing <b>17</b> 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Mental Stimulation 10:30 am <b>WALMART</b> 12:45 pm Movie 1:00 pm Movie 2:45 pm Sign to Song 3:35 pm Balloon Volleyball	ANIMAL CRACKER DAY <b>18</b> 9:00 am Sitting Yoga 9:30 am Sitting Aerobics 9:35 am Exercise w/Kathy 10:15 am Communion Service 12:45 pm Bingo w/Olivia 1:20 pm Nickle Bingo 2:30 pm Bible Study w/Anne 2:45 pm Outdoor Walk 3:35 pm Balloon Volleyball	9:00 am Bingo <b>19</b> 9:00 am Coffee Chat 9:30 am Sitting Aerobics 9:45 am <u>Easter Egg Dying</u> 11:00 am Mind Joggers 12:45 pm Sing-a-long 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:30 pm Remember When... 3:35 pm Balloon Volleyball <small>Good Friday</small>	9:00 am Balloon Volleyball <b>20</b> 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Hangman 10:45 Stretch and Flex 12:30 pm Bible Study w/Culleys' 12:45 pm Outdoor Walk 1:00 pm Hand and Foot 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball
	HAPPY EASTER <b>21</b> 9:00 am Bingo 9:30 am Coffee Chat 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Hand Massages 11:00 am Hangman 12:45 pm Outdoor Walk 2:00 pm Nickle Bingo 3:30 pm Balloon Volleyball <small>Easter Sunday</small>	NAT. JELLY BEAN DAY <b>22</b> 9:00 am Outdoor Walk 9:00 am Balloon Volleyball 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:20 am Country Ride 1:30 pm Nickle Bingo 3:00 pm <b>MUSIC W/AL</b> <small>Earth Day</small>	NAT. ENGLISH MUFFIN DAY <b>23</b> 9:00 am Sitting yoga 9:30 am Sitting Aerobics 10:15 am Loving Animals 11:00 am Remy 12:45 pm Bingo w/Olivia 1:20 pm Nickle Bingo 2:30 pm RESIDENT COUNCIL 2:30 pm Hearing Aid Cleaning 4:00 pm Bible Study w/Sheila 4:00 pm Balloon Volleyball	9:00 am Sitting Yoga <b>24</b> 9:20 am Coffee Chat 10:20 am Mental Stimulation 10:15 am Chair Yoga 11:00 am <b>RED LOBSTER</b> 1:30 pm Nickle Bingo 3:00 pm <u>Chat w/Kristine</u> 3:30 pm Balloon Volleyball w/Monica 3:35 pm Balloon Volleyball	9:00 am Sitting Yoga <b>25</b> 9:30 am Sitting Aerobics 9:35 am Exercise w/Kathy 10:15 am <u>Preventing Adverse Drug Reactions presentation</u> 12:45 pm Olivia's Choice 1:20 pm Nickle Bingo 2:30 pm Bible Study w/Anne 2:45 pm Outdoor Walk 3:35 pm Balloon Volleyball	9:00 am <u>Activity w/Jon</u> <b>26</b> 9:00 am Coffee Chat 9:30 am Juice Chat 9:35 am Exercise w/Kathy 10:15 am Sitting Whoga 10:20 am Trivia 11:00 am Remy 1:30 pm Nickle Bingo 2:45 pm Outdoor Walk 3:30 pm Color Creations/Puzzles 3:35 pm Balloon Volleyball <small>Arbor Day</small>	9:00 am Dancing <b>27</b> 9:30 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Aerobics 10:20 am Picture Binder 12:30 pm Bible Study w/Culleys' 12:45 pm Outdoor Walk 2:00 pm Sitting Yoga 2:00 pm Board Games w/Vandene H.S. 3:30 pm Balloon Volleyball 3:30 pm Balloon Volleyball
	9:30 am Coffee Chat <b>28</b> 9:30 am Juice Chat 10:00 am Sitting Aerobics 10:20 am Hand Massages 11:00 am Hangman 12:45 pm Outdoor Walk 2:00 pm Nickle Bingo 2:00 pm Mental Stimulation 3:30 pm Balloon Volleyball	9:00 am Outdoor Walk <b>29</b> 9:00 am Balloon Volleyball 9:20 am Coffee Chat 9:30 am Juice Chat 10:15 am Sitting Yoga 10:30 am <u>Cooking Demo w/Tony</u> 1:30 pm Nickle Bingo 3:00 pm <b>DJ NOEL</b>	9:00 am Sitting yoga <b>30</b> 9:30 am Sitting Aerobics 10:15 am Loving Animals 11:00 am Remy 12:45 pm Bingo w/Olivia 1:30 pm Nickle bingo 2:30 pm Hearing Aid Cleaning 3:00 pm Nail Care 4:00 pm Bible Study w/Sheila 4:00 pm Balloon Volleyball	<h1>April 2019</h1> <h2>PARAMOUNT HOUSE SENIOR LIVING</h2>			