

**Sunday**

**Monday**

**Tuesday**

**Wednesday**






**Thursday**

**Friday**

**Saturday**

B= Bistro  
 C= Creative Arts Rm  
 CN= Coffee Nook  
 ER= Exercise Rm.  
 PD= Private Dining Rm  
 P= Pub  
 GR= 4th Floor GR  
 MA= LCV Mast Auditorium



<p>4                  9:00 -1:30 A La Carte Breakfast/                  Always Available Lunch/B                  3:00 Bingo/ B</p>	<p>5 Menu Week 3                  Blue Recycle Day                  10:30 Art Class w/Jan/ C                  10:30 Bible Study/PD                  2:00 Cardio Strength Stretch                  w/Sue/ ER</p>	<p>6                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  1:30 Bridge/CN                  7:00 Bingo/B</p>	<p>7                  10:30 Christian Devotion &amp;                  Communion/PD                  1:30 Chair Yoga w/ Sue/ER                  2:30 Anniversary/Birthday                  Recognition Party w                  David Hall/B</p>	<p>1                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  10:00 Beauty Salon Open                  10:30 Music Group/PD                  1:30 Bridge/CN</p>	<p>2                  10:00 Shopping Trip                  2:00 Cardio Strength &amp;                  Stretch/ER                  4:00 Happy Hour /P</p>	<p>3                  Drop by the Pub any time to                  watch a Senior TV movie!</p>
<p>4                  9:00 -1:30 A La Carte Breakfast/                  Always Available Lunch/B                  3:00 Bingo/ B</p>	<p>5 Menu Week 3                  Blue Recycle Day                  10:30 Art Class w/Jan/ C                  10:30 Bible Study/PD                  2:00 Cardio Strength Stretch                  w/Sue/ ER</p>	<p>6                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  1:30 Bridge/CN                  7:00 Bingo/B</p>	<p>7                  10:30 Christian Devotion &amp;                  Communion/PD                  1:30 Chair Yoga w/ Sue/ER                  2:30 Anniversary/Birthday                  Recognition Party w                  David Hall/B</p>	<p>8                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  10:00 Beauty Salon Open                  11:00 Lunch Bunch/Shopping &amp;                  Lunch at Stony Point                  Fashion Park                  1:30 Bridge/CN</p>	<p>9                  10:00 Shopping Trip                  2:00 Cardio Strength &amp;                  Stretch/ER                  4:00 Happy Hour /P</p>	<p>10                  Drop by the Pub any time to                  watch a Senior TV movie!</p>
<p>11                   11:30 - 1:30 Sunday Lunch/B                  3:00 Bingo/ B</p>	<p>12 Menu Week 4                  10:30 Bible Study/PD                  (11:00 Residents' Council                  Meeting/GR 4th Fl)                  ( 2:00 Dining Services Committee/ PD)                  2:00 Cardio Strength                  Stretch w/Sue/ ER</p>	<p>13                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  10:30 Manicurist/Beauty Salon                  10:45 Book Club                  "The Nightingale"/PD                  1:30 Bridge/CN                  3:00 Hearing Aid Clinic/B                  7:00 Bingo/B</p>	<p>14                  10:30 Handiwork/P                  1:15 "Dames at Sea"/                  Swift Creek Mill Theatre                  1:30 Chair Yoga w/ Sue/ER</p>	<p>15                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  10:00 Beauty Salon Open                  1:30 Bridge/CN                  2:00 Prize Bingo w/                  Lincoln Heritage</p>	<p>16                  10:00 Shopping Trip                  2:00 Cardio Strength &amp;                  Stretch/ER                  4:00 Happy Hour /P</p>	<p>17                  Drop by the Pub                  any time                  to watch a                  Senior TV                  movie!  </p>
<p>18                  9:00-1:30 A La Carte Breakfast/B                  3:00 Bingo/B</p>	<p>19 Menu Week 1                  Blue Recycle Day                  10:30 Bible Study/PD                  12:15 "I Can Only Imagine"/                  Regal Commonwealth 20                  2:00 Cardio Strength &amp;                  Stretch w/Sue/ER</p>	<p>20                   9:30                  Functional                  Strength                  &amp; Stretch w/Sandy/ER                  1:30 Bridge/CN                  2:00 Buzz Lawler/B                  7:00 Bingo/B</p>	<p>21                  10:00 Health Clinic/Exercise                  Equipment Room                  1:30 Chair Yoga w/ Sue/ER                  3:00 Springdale Town Hall                  Meeting/B</p>	<p>22                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  10:00 Beauty Salon Open                  1:30 Bridge/CN</p>	<p>23                  10:00 Shopping Trip                  2:00 Cardio Strength &amp;                  Stretch/ER                  4:00 Happy Hour /P</p>	<p>24                  Drop by the Pub any time to                  watch a Senior TV movie!</p>
<p>25                   Palm Sunday                  11:30 - 1:30 Sunday Lunch/B                  3:00 Bingo</p>	<p>26 Menu Week 2                  10:30 Bible Study/PD                  2:00 Cardio Strength &amp;                  Stretch w/Sue/ER                  6:30 Jonathan Austin Magician/ B</p>	<p>27                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  1:30 Bridge/CN                  1:30 Massage Therapist/CA                  7:00 Bingo/B</p>	<p>28                  10:30 Handiwork/P                  1:30 Chair Yoga w/ Sue/ER</p>	<p>29                  9:30 Functional Strength                  &amp; Stretch w/Sandy/ER                  9:45 Tractor Museum &amp;                  Lunch at Sibley's                  10:00 Beauty Salon Open                  1:30 Bridge/CN</p>	<p>30                   10:00 Shopping Trip                  2:00 Cardio Strength &amp;                  Stretch/ER                  4:00 Happy Hour /P</p>	<p>31                  12:45 Broadway in Richmond/                  Dirty Dancing/                  Altria Theatre                  Drop by the Pub any time to                  watch a Senior TV movie!</p>