

## April 2024 Assisted Living Calendar

BE VIBRANT, BE YOU		April	2024 Assisted Living Ca	lenual		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE DALMS at LA QUINTA Assisted Living and Memory Care	10:00am → Fit after 50 (Chair Exercise) (VLR) 10:30am ⊙ Putting Around (mini golf) (MIL) 11:00am ★ Seasonal Crafts- Spring door wreaths (B) 1:00pm ★ Bridge Club (VLR) 1:30pm ★ Movies with Acadamy Awards (T) 2:00pm ↑ Bingo with Lois (RLA) (VLR) 4:00pm ⊙ Dominos (RLA) (VLR) 4:00pm ⊙ Traveling Refreshments to go with your weekly activities packet. (RTRC) 6:30pm ★ Celebrity Documentaries (T)	10:00am       Sit and Be Fit (Chair Exercise) (VLR)       2         10:15am Walking for Wellness (MIL)       10:30am       10:15am Valking for Wellness (MIL)         10:30am       Dominos (VLR)       12:45pm       Pet therapy with Love on a Leash (MIL)         1:30pm       Movie Matinee-Resident's Choice (T)       2:00pm       Bingo with Shirley (VLR)         3:00pm       Resident' led Activities Meeting (VLR)       4:00pm       Poets workshop (T)         4:30pm       Travel Tuesday (VLR)       6:30pm       America's Funniest Home Videos (T)	10:00am       Pit After 50 (Exercise) (VLR)       3         10:30am Walk this Way (VLR)       10:30am       Weight Watchers with Nurse Marisela (VLR)         11:00am       Dominos With Linda S. (RLA) (VLR)         1:00pm       Resident Recipe Swap building up the community Cookbook         1:00pm       Bridge Club (VLR)         1:30pm       Resident Council (DR)         2:00pm       Putting Around (Outdoors) (MIL)         3:00pm       Table Topics (B)         4:00pm       Wine Down Wednesday (VLR)         6:30pm       Broadway to movie Matinee (T)	10:00am <sup>©</sup> Sit and be Fit (Chair Exercise) (VLR)       4         10:30am <sup>●</sup> Mindful Meditation (VLR)         11:00am <sup>★</sup> Jewelry crafting (VLR)         1:00pm <sup>★</sup> Art Therapy- Painting and Drawing to Music (VLR)         1:30pm <sup>©</sup> Movies inspired by true stories (T)         2:00pm <sup>★</sup> Loteria Mexican Bingo (VLR)         3:30pm <sup>★</sup> Community wide housewarming social to welcome new residents (VLR)         4:00pm <sup>★</sup> Rosary Group (CA)         6:30pm <sup>●</sup> Reminisce with the Ed Sullivan Show (T)	10:00am       Fit After 70 (exercise) (VLR)       5         10:40am       Bingo (VLR)       1         11:00am       Reflexology Doc Talk with DeeDee (B)       1         1:00pm       Bible Study with Southwest Church       1:30pm         1:30pm       Matinee -Oldies but Goodies (T)       2:00pm         3:00pm       Gardening Club (C)       3:00pm         3:00pm       Karaoke and Happy Hour with Ken Lewis         6:00pm       Domino's (VLR)         6:30pm       Friday Night Movie Matinee (T)	9:30am Fit After 70ish (Exercise) (VLR) 10:30am Bingo (VLR) 1:00pm Bridge Club (VLR) 1:30pm Dog Park with Peter (MIL) 1:30pm Movie Matinee (T) 2:00pm Let's get some Sun Garden Club 3:00pm VINO !!! 4:00pm Dominos (VLR) 4:30pm Weight Training (G) 6:30pm Mystery Movies (T)
10:00am <sup>©</sup> Strength Training and better balance (VLR)       7         10:30am ★ Catholic Communion with Saint Francis Church (C)       10:30am <sup>™</sup> Mind Exercises for a healthy brain. (VLR)         11:00am <sup>©</sup> Name that tune (VLR)       1:00pm <sup>™</sup> Bridge Club         2:00pm <sup>™</sup> Blackjack with Amber (VLR)       3:30pm <sup>™</sup> Ice-cream Social (B)         4:30pm <sup>™</sup> Sunday Worship with Church Unlimited (C)       6:30pm <sup>™</sup> Romantic Comedy Movie Matinee (T)	<ul> <li>10:00am → Fit after 50 (Chair Exercise) (VLR)</li> <li>11:00am → Yarns and Things (VLR)</li> <li>1:00pm → Bridge Club (VLR)</li> <li>1:30pm → Movies with Acadamy Awards (T)</li> <li>2:00pm ○ A Culture Week Activity- "Ooo La La Beret" Decorating French Hats (VLR)</li> <li>3:30pm ↑ Bingo with Lois (RLA) (VLR)</li> <li>4:00pm ○ Dominos (RLA) (VLR)</li> <li>4:00pm ○ Traveling Refreshments to go with your weekly activities packet. (RTRC)</li> <li>6:30pm ★ Celebrity Documentaries (T)</li> </ul>	<ul> <li>10:00am → Sit and Be Fit (Chair Exercise) (VLR)</li> <li>10:15am Walking for Wellness (MIL)</li> <li>10:30am ↑ Dominos (VLR)</li> <li>12:45pm → Pet therapy with Love on a Leash (MIL)</li> <li>1:30pm → Movie Matinee-Resident's Choice (T)</li> <li>2:00pm 巻 A Culture Week Activity- "Bon Appetite" Parisian appetizers and refreshments (DR)</li> <li>2:30pm ۞ A Culture Week Activity- "Le grand Amusement" with Abbitt the Average Parisian Mime (DR)</li> <li>4:00pm ۞ Poets workshop (T)</li> <li>6:30pm 餐 America's Funniest Home Videos (T)</li> </ul>	<ul> <li>10:00am <sup>№</sup> Fit After 50 (Exercise) (VLR) 10:30am Walk this Way (VLR)</li> <li>11:00am W Dominos With Linda S. (RLA) (VLR)</li> <li>1:00pm ⊠ Resident Recipe Swap building up the community Cookbook</li> <li>1:00pm W Bridge Club (VLR)</li> <li>2:00pm W A Culture Week Activity- "Le Magnifique Peinture" Paris Paint and sip Happy Hour (VLR)</li> <li>3:30pm O Armchair travel to Paris (virtual scenic tour) (T)</li> <li>6:30pm W Broadway to movie Matinee (T)</li> </ul>	10:00am ★ Fit After 50 (Chair Exercise) (VLR)       11         10:30am ↓ Mindful Meditation (VLR)       1:00am ↓ Jumbo Outdoor Games (C)         11:00am ↓ Jumbo Outdoor Games (C)       1:00pm ★ Art Therapy- Painting and Drawing to Music (VLR)         1:30pm ↓ Art Therapy- Painting to Music (VLR)       1:30pm ↓ Art Therapy- Painting and Drawing to Music (VLR)         1:30pm ↓ Aculture Week Activity- "C'est delieux!" (It's Yummy) Culinary creations with Jose. (B)       3:00pm ↓ Learn French with Duo Lingo (VLR)         4:00pm ★ Rosary Group (CA)       6:30pm ♦ Reminisce with the Ed Sullivan Show (T)	10:00am       Fit After 70 (exercise) (VLR)       12         10:30am       Blackjack with Edgar       11         11:20am       Gardening Club (C)       100pm         1:00pm       Bible Study with Southwest Church       130pm         1:30pm       Matinee -Oldies but Goodies (T)       200pm         2:00pm       A Culture Week Activity- "Saviez-vous" Did you know? Rolands Parisian Trivia (MIL)         3:00pm       Karaoke and Happy Hour with Ken Lewis         6:00pm       Domino's (VLR)         6:30pm       Friday Night Movie Matinee (T)	9:30am <sup>™</sup> Fit After 70ish (Exercise) (VLR) 10:30am <sup>©</sup> Bingo (VLR) 1:00pm <sup>™</sup> Bridge Club (VLR) 1:30pm <sup>™</sup> Dog Park with Peter (MIL) 1:30pm <sup>™</sup> Movie Matinee (T) 2:00pm <sup>™</sup> Let's get some Sun Garden Club 3:00pm <sup>™</sup> UNO !!! 4:00pm <sup>™</sup> Dominos (VLR) 4:30pm <sup>™</sup> Weight Training (G) 6:30pm <sup>™</sup> Mystery Movies (T)
10:00am ⓒ Strength Training and better balance (VLR) 10:30am ★ Catholic Communion with Saint Francis Church (C) 10:30am ♥ Mind Exercises for a healthy brain. (VLR) 1:00pm ♥ Bridge Club 2:00pm ♥ Bingo with a Twist (VLR) 3:30pm ♥ Ice cream Sandwich Social (B) 4:30pm ★ Sunday Worship with Church Unlimited (C) 6:30pm ♥ Romantic Comedy Movie Matinee (T)	10:00am → Fit after 50 (Chair Exercise) (VLR) 10:30am <sup>©</sup> Putting Around (mini golf) (MIL) 11:00am ★ Seasonal Crafts-Making Bird Feeders (B) 1:00pm ★ Bridge Club (VLR) 1:30pm ★ Movies with Acadamy Awards (T) 2:00pm <sup>™</sup> Bingo with Lois (RLA) (VLR) 4:00pm <sup>©</sup> Dominos (RLA) (VLR) 4:00pm <sup>©</sup> Traveling Refreshments to go with your weekly activities packet. (RTRC) 6:30pm ★ Celebrity Documentaries (T)		10:00am <sup>↑</sup> Fit After 50 (Exercise) (VLR) 10:00am • Wheelchair/Walker Repair and maintenance with AT HOME MEDICAL (BR) 10:30am Walk this Way (VLR) 11:00am • Doc Talk- Real topics discussed by health real care professionals. (VLR) 1:00pm ⊠ Resident Recipe Swap building up the community Cookbook 1:00pm ₩ Bridge Club (VLR) 2:00pm <sup>↑</sup> Putting Around (Outdoors) (MIL) 3:00pm ₩ Table Topics (B) 4:00pm ₩ Wine Down Wednesday (VLR) 6:30pm ₩ Broadway to movie Matinee (T)	<ul> <li>10:00am Sit and be Fit (Chair Exercise) 18 (VLR)</li> <li>10:30am Mindful Meditation (VLR)</li> <li>11:00am Jewelry crafting (VLR)</li> <li>1:00pm Art Therapy- Painting and Drawing to Music (VLR)</li> <li>1:30pm Movies inspired by true stories (T)</li> <li>2:00pm Jecteria Mexican Bingo (VLR)</li> <li>3:30pm Icc Cream Social (B)</li> <li>4:00pm Resary Group (CA)</li> <li>6:30pm Reminisce with the Ed Sullivan Show (T)</li> </ul>	10:00am Fit After 70 (exercise) (VLR) 10:30am Blackjack with Edgar 11:00am Artichoke Dip Bites with Lisa (B) 11:20am Gardening Club (C) 1:00pm Bible Study with Southwest Church 1:30pm S Game Bingo (B) 1:30pm Matinee -Oldies but Goodies (T) 3:00pm Karaoke and Happy Hour with Ken Lewis 6:00pm P Domino's (VLR) 6:30pm Friday Night Movie Matinee (T)	9:30am <sup>™</sup> Fit After 70ish (Exercise) (VLR) 10:30am <sup>©</sup> Bingo (VLR) 1:00pm <sup>™</sup> Bridge Club (VLR) 1:30pm <sup>™</sup> Dog Park with Peter (MIL) 1:30pm <sup>™</sup> Movie Matinee (T) 2:00pm <sup>™</sup> Let's get some Sun Garden Club 3:00pm <sup>™</sup> UNO !!! 4:00pm <sup>™</sup> Dominos (VLR) 4:30pm <sup>™</sup> Weight Training (G) 6:30pm <sup>™</sup> Mystery Movies (T)
10:00am ⓒ Strength Training and better 21 balance (VLR) 10:30am ☆ Catholic Communion with Saint Francis Church (C) 10:30am <sup>™</sup> Mind Exercises for a healthy brain. (VLR) 11:00am ⓒ Name that tune (VLR) 1:00pm ☆ Bridge Club 2:00pm ☆ Nancy Sings (Live Music) (VLR) 3:30pm ☆ Ice-cream Social (B) 4:30pm ☆ Sunday Worship with Church Unlimited (C) 6:30pm ☆ Romantic Comedy Movie Matinee (T)	10:00am       Fit after 50 (Chair Exercise) (VLR)       22         11:00am       Yarns and Things (VLR)       1:00pm         1:00pm       Bridge Club (VLR)       1:30pm         1:30pm       Movies with Acadamy Awards (T)       2:00pm         2:00pm       Bingo with Lois (RLA) (VLR)         4:00pm       Dominos (RLA) (VLR)         4:00pm       Traveling Refreshments to go with your weekly activities packet. (RTRC)         6:30pm       Celebrity Documentaries (T)	10:00am ♥ Sit and Be Fit (Chair Exercise) 23 (VLR) 10:15am Walking for Wellness (MIL) 10:30am ₱ Dominos (VLR) 12:45pm ¥ Pet therapy with Love on a Leash (MIL) 1:30pm ¥ Movie Matinee-Resident's Choice (T) 2:00pm ¥ Bingo with Shirley (VLR) 3:00pm ₱ Jeopardy Trivia 4:00pm ₱ Poets workshop (T) 6:30pm ¥ America's Funniest Home Videos (T)	<ul> <li>10:00am <sup>№</sup> Fit After 50 (Exercise) (VLR) 24</li> <li>10:30am Walk this Way (VLR)</li> <li>10:45am <sup>©</sup> The Lunch Bunch- The Cowboy Cantina (MIL)</li> <li>11:00am W Dominos With Linda S. (RLA) (VLR)</li> <li>1:00pm <sup>©</sup> Resident Recipe Swap building up the community Cookbook</li> <li>1:00pm <sup>™</sup> Bridge Club (VLR)</li> <li>2:00pm <sup>™</sup> Iced Tea Social (C)</li> <li>3:00pm <sup>™</sup> Table Topics (B)</li> <li>4:00pm <sup>™</sup> Broadway to movie Matinee (T)</li> </ul>	10:00am ★ Fit After 50 (Chair Exercise) (VLR)       25         10:30am ★ Mindful Meditation (VLR)       11:00am ★ Jumbo Outdoor Games (C)         11:00pm ★ Art Therapy- Painting and Drawing to Music (VLR)       1:30pm ₲ Movies inspired by true stories (T)         1:30pm ₲ Movies inspired by true stories (T)       2:00pm ♥ Loteria Mexican Bingo (VLR)         3:00pm ♠ Learn French with Duo Lingo (VLR)       3:30pm ♥ Ice Cream Social (B)         4:00pm ★ Rosary Group (CA)       6:30pm ♥ Reminisce with the Ed Sullivan Show (T)	10:00am → Fit After 70 (exercise) (VLR) 10:30am → Blackjack with Edgar 11:00am ⊙ Gardening Club (VLR) 1:00pm → Bible Study with Southwest Church 1:30pm → 5 Game Bingo (B) 1:30pm → Matinee -Oldies but Goodies (T) 3:00pm ⊙ Karaoke and Happy Hour with Ken Lewis 6:00pm → Domino's (VLR) 6:30pm → Friday Night Movie Matinee (T)	9:30am <sup>↑</sup> Fit After 70ish (Exercise) (VLR) 10:30am <sup>©</sup> Bingo (VLR) 1:00pm <sup>№</sup> Bridge Club (VLR) 1:30pm <sup>®</sup> Dog Park with Peter (MIL) 1:30pm <sup>®</sup> Movie Matinee (T) 2:00pm <sup>№</sup> Let's get some Sun Garden Club 4:00pm <sup>№</sup> Dominos (VLR) 4:30pm <sup>®</sup> Weight Training (G) 6:30pm <sup>®</sup> Mystery Movies (T)
10:00am <sup>©</sup> Strength Training and better 28 balance (VLR) 10:30am ★ Catholic Communion with Saint Francis Church (C) 10:30am <sup>™</sup> Mind Exercises for a healthy brain. (VLR) 1:00pm ★ Bridge Club 2:00pm ★ Bingo with a Twist (VLR) 3:30pm <sup>™</sup> Ice cream Sandwich Social (B) 4:30pm ★ Sunday Worship with Church Unlimited (C) 6:30pm <b>*</b> Romantic Comedy Movie Matinee (T)	10:00am Fit after 50 (Chair Exercise) 29 (VLR) 10:30am <sup>©</sup> Putting Around (mini golf) (MIL) 11:00am ★ Seasonal Crafts- Making Fairy Gardens (B) 1:00pm ★ Bridge Club (VLR) 1:30pm ★ Movies with Acadamy Awards (T) 2:00pm <sup>©</sup> Bingo with Lois (RLA) (VLR) 4:00pm <sup>©</sup> Dominos (RLA) (VLR) 4:00pm <sup>©</sup> Traveling Refreshments to go with your weekly activities packet. (RTRC) 6:30pm ★ Celebrity Documentaries (T)	10:00am → Sit and Be Fit (Chair Exercise) 30 (VLR) 10:15am Walking for Wellness (MIL) 10:30am ↑ Dominos (VLR) 12:45pm → Pet therapy with Love on a Leash (MIL) 1:30pm → Movie Matinee-Resident's Choice (T) 2:00pm → Bingo with Shirley (VLR) 3:00pm ⊙ Travel Tuesday (VLR) 4:00pm ⊙ Poets workshop (T) 6:30pm ☆ America's Funniest Home Videos (T)	LOCATION Billiards Room (BR) Bistro (B) Chapel (C) Chapel AL (CA) Courtyard (C) Dining Room (DR) Gym (G) Meet In Lobby (MIL) Private Dining Room (PDR) Room to Room Cart (RTRC) Theatre (T) Vibrant Life Room (VLR)	ACTIVITY LEGEND Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well Traditions To Table	Wear, pink, black or white for our Paris themed Culture week celebration Tuesday the 9th at 2:00	April is national poetry month. Join our workshops and enter your poems to poetry nations Ageless poetry contest to become published and win cash prizes.