

Calendar of Events

Assisted Living

April 2024
Senior Star at Elmore Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>Location Keys</p> <p>3rd Floor IL Dining Room Meet in Lobby Theater</p> <p>3rd ILDR ML TH</p>	<p>ShapeMaster Room Open 1</p> <p>10:30 🧘 Chair Exercise [3rd]</p> <p>10:30 🐾 Therapy Dog Visit</p> <p>1:00 🕒 Trivia with Kate</p> <p>2:30 🎨 Color Me Calm</p>	<p>Dakim Brain Fitness 2</p> <p>ShapeMaster Room Open</p> <p>9:00 🛒 Walgreens Outing (RSVP)</p> <p>10:30 🧘 Light 'N' Lively Exercise [3rd]</p> <p>12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)</p> <p>3:00 🎨 Arts and Crafts with Alicia</p>	<p>ShapeMaster Room Open 3</p> <p>9:30 ☀️ Bible Study with Pastor Paul</p> <p>10:00 🐾 Hy-Vee Outing (RSVP)</p> <p>10:30 🧘 Chair Exercise</p> <p>10:45 🐾 Laughter Yoga & Guided Meditation</p> <p>2:00 🕒 Bingo</p>	<p>ShapeMaster Room Open 4</p> <p>9:30 ☀️ Devotionals</p> <p>10:30 🧘 Sittercize Exercise [3rd]</p> <p>12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)</p> <p>1:00 ☀️ Catholic Mass (IL) [ILDR]</p> <p>3:00 🍷 Happy Hour with Darlene!</p>	<p>Dakim Brain Fitness 5</p> <p>ShapeMaster Room Open</p> <p>9:00 🍷 Taste Tester & Travelogue: Japan</p> <p>10:30 🧘 Zumba [3rd]</p> <p>11:30 🍷 Lunch Outing: Central Standard Craft Burgers (RSVP)(\$)[ML]</p> <p>1:30 🐾 'Cruising the QC' Bus Ride</p>	<p>ShapeMaster Room Open 6</p> <p>9:00 🍷 Meet Friends for Coffee</p> <p>6:00 🍷 Movie Night [TH]</p>		
<p>ShapeMaster Room Open 7</p> <p>8:00 ☀️ Church Shuttle: List of Churches at Front Desk</p> <p>2:30 🕒 Kings on The Corner Card Game</p> <p>6:00 🍷 Movie Night [TH]</p>	<p>ShapeMaster Room Open 8</p> <p>10:30 🧘 Chair Exercise [3rd]</p> <p>12:45 🌑 Solar Eclipse Viewing (Time Approx.) Get your Viewing Glasses at the Front Desk!</p> <p>2:30 🎨 Color Me Calm</p>	<p>Dakim Brain Fitness 9</p> <p>ShapeMaster Room Open</p> <p>9:15 🍷 Food Forum: Dining Feedback Meeting</p> <p>10:30 🧘 Light 'N' Lively Exercise [3rd]</p> <p>12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)</p> <p>3:00 🎨 Arts and Crafts with Alicia</p>	<p>ShapeMaster Room Open 10</p> <p>10:00 🐾 Hy-Vee Outing (RSVP)</p> <p>10:30 🧘 Chair Exercise: Drums Alive!</p> <p>2:00 🕒 Bingo</p>	<p>ShapeMaster Room Open 11</p> <p>9:30 ☀️ Devotionals</p> <p>10:30 🧘 Sittercize Exercise [3rd]</p> <p>12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)</p> <p>3:30 🍷 Themed Happy Hour with Ron Lubbers: Japan</p>	<p>Dakim Brain Fitness 12</p> <p>ShapeMaster Room Open</p> <p>10:30 🧘 Zumba [3rd]</p> <p>11:30 🍷 Lunch Outing: Red Ginger (RSVP)(\$)[ML]</p> <p>1:30 🐾 'Cruising the QC' Bus Ride</p>	<p>ShapeMaster Room Open 13</p> <p>9:00 🍷 Meet Friends for Coffee</p> <p>2:00 🎨 Taste Testers with Alicia: Crumble Cookies</p> <p>6:00 🍷 Movie Night [TH]</p>		
<p>ShapeMaster Room Open 14</p> <p>8:00 ☀️ Church Shuttle: List of Churches at Front Desk</p> <p>2:00 🕒 Trivia with Alicia!</p> <p>2:30 🕒 Kings on The Corner Card Game</p> <p>6:00 🍷 Movie Night [TH]</p>	<p>ShapeMaster Room Open 15</p> <p>10:30 🧘 Chair Exercise [3rd]</p> <p>1:00 🕒 Trivia with Kate</p> <p>2:30 🎨 Color Me Calm</p> <p>3:00 🎨 Alzheimer's / Dementia Care Giver Support Group</p>	<p>Dakim Brain Fitness 16</p> <p>ShapeMaster Room Open</p> <p>9:00 🛒 Walgreens Outing (RSVP)</p> <p>10:30 🧘 Light 'N' Lively Exercise [3rd]</p> <p>12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)</p> <p>3:00 🎨 Arts and Crafts with Alicia</p>	<p>ShapeMaster Room Open 17</p> <p>9:30 ☀️ Bible Study with Pastor Paul</p> <p>10:00 🐾 Hy-Vee Outing (RSVP)</p> <p>10:30 🧘 Chair Exercise</p> <p>10:45 🐾 Laughter Yoga & Guided Meditation</p> <p>2:00 🕒 Bingo</p>	<p>ShapeMaster Room Open 18</p> <p>9:30 ☀️ Devotionals</p> <p>10:30 🧘 Sittercize Exercise [3rd]</p> <p>12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)</p> <p>1:00 ☀️ Catholic Mass (AL)</p> <p>3:00 🍷 Happy Hour with Jim Ryan</p>	<p>Dakim Brain Fitness 19</p> <p>ShapeMaster Room Open</p> <p>10:30 🧘 Zumba [3rd]</p> <p>11:30 🍷 Lunch Outing: The Foundry (RSVP)(\$)[ML]</p> <p>1:30 🐾 'Cruising the QC' Bus Ride</p>	<p>ShapeMaster Room Open 20</p> <p>9:00 🍷 Meet Friends for Coffee</p> <p>6:00 🍷 Movie Night [TH]</p>		
<p>ShapeMaster Room Open 21</p> <p>8:00 ☀️ Church Shuttle: List of Churches at Front Desk</p> <p>2:30 🕒 Kings on The Corner Card Game</p> <p>6:00 🍷 Movie Night [TH]</p>	<p>ShapeMaster Room Open 22</p> <p>10:30 🧘 Chair Exercise [3rd]</p> <p>2:30 🎨 Color Me Calm</p>	<p>Dakim Brain Fitness 23</p> <p>ShapeMaster Room Open</p> <p>10:30 🧘 Light 'N' Lively Exercise [3rd]</p> <p>11:30 🍷 Themed Luncheon: Japan</p> <p>12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)</p> <p>3:00 🎨 Arts and Crafts with Alicia</p>	<p>ShapeMaster Room Open 24</p> <p>10:00 🐾 Hy-Vee Outing (RSVP)</p> <p>10:30 🧘 Chair Exercise: Drums Alive!</p> <p>2:00 🕒 Bingo</p>	<p>— 🧘 ShapeMaster Room Open 25</p> <p>9:30 ☀️ Devotionals</p> <p>10:30 🧘 Sittercize Exercise [3rd]</p> <p>3:00 🍷 Happy Hour</p>	<p>Dakim Brain Fitness 26</p> <p>ShapeMaster Room Open</p> <p>10:30 🧘 Chair Exercise [3rd]</p> <p>11:30 🍷 Lunch Outing: Biaggi's Italian (RSVP)(\$)[ML]</p> <p>1:30 🐾 'Cruising the QC' Bus Ride</p>	<p>ShapeMaster Room Open 27</p> <p>9:00 🍷 Meet Friends for Coffee</p> <p>2:00 🎨 Taste Testers with Alicia: Pringles!</p> <p>6:00 🍷 Movie Night [TH]</p>		
<p>ShapeMaster Room Open 28</p> <p>8:00 ☀️ Church Shuttle: List of Churches at Front Desk</p> <p>2:00 🕒 Board Games with Alicia!</p> <p>2:30 🕒 Kings on The Corner Card Game</p> <p>6:00 🍷 Movie Night [TH]</p>	<p>ShapeMaster Room Open 29</p> <p>10:30 🧘 Chair Exercise [3rd]</p> <p>1:00 🎨 Town Hall Meeting with Annette</p> <p>2:30 🎨 Color Me Calm</p>	<p>Dakim Brain Fitness 30</p> <p>ShapeMaster Room Open</p> <p>10:30 🧘 Light 'N' Lively Exercise [3rd]</p> <p>12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)</p> <p>3:00 🎨 Arts and Crafts with Alicia</p>	<p>🧠 Brain Power</p> <p>🧘 Exercise & Movement</p> <p>🎨 Expression</p> <p>🐾 Inner Strength</p> <p>🍷 Nourishment & Health</p> <p>🍷 Socialization</p> <p>☀️ Spirituality</p>			<p>Keep Your Mind Sharp! The Dakim Brain Fitness System is Available for Use Every Day! If You Are Not In The System, See Meredith To Sign Up!</p>	<p>The ShapeMaster® Equipment Is Available for Use 24 Hours/Day, Seven Days/Week, In the Fitness Center.</p>	<p>Looking for a fun, new, exercise to try? Try Zumba Gold! This seated, dance exercise class will be so much fun, you'll forget you're exercising!</p>