

Calendar of Events

Independent Living

April 2024
Senior Star at Elmore Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>Location Keys</p> <p>2nd Floor Table by Rm 210 2nd Floor Bar/Lounge B/L Front Porch FP IL Dining Room ILDR Meet in Lobby ML Multipurpose Room (2nd Floor) MR Pool P</p>	<p>Dakim Brain Fitness 1</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 11:30 🍷 Taste Testers with Kate [ILDR] 2:00 🧘 Beginner Tai Chi [MR] 2:15 🧘 Advanced Tai Chi [MR] 2:30 🍷 Monday Mixers Social Hour: Matcha Lemonade [B/L]</p>	<p>2</p> <p>9:00 🥁 Drums Alive [MR] 9:30 📖 Visit from the Library [B/L] 9:45 🎵 Light & Lively [MR] 10:30 🌟 Rosary [MR] 12:00 🍷 PB&J Sandwich Day: Build your own PB&J [ILDR] 1:00 🧘 Resident Led Tai Chi [MR] 2:00 🧘 Balance Improv. Class [MR] 6:00 🎴 Card Games</p>	<p>3</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🚗 Hy-Vee Outing (RSVP) [ML] 10:45 📖 Bible Study with Paul [MR] 12:30 🎲 Jeopardy [B/L] 2:00 🧘 Small Group Exercise (RSVP Req'd) 3:00 🗣️ Food Forum [ILDR] 6:00 🏊 Shoot Pool with a Neighbor!</p>	<p>4</p> <p>8:45 🕊️ Ageless Grace [ILDR] 9:45 🏐 Small Ball Exercises [MR] 11:00 🌟 Devotionals [B/L] 1:00 🕊️ Catholic Mass (IL) [ILDR] 2:00 🎲 25 Cent Bingo [ILDR] 2-4 🧘 Hand Craft Group [2nd Floor] 3:00 🎴 Wordscapes [B/L] 6:00 🎴 Card Games</p>	<p>5</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 11:30 🍷 Lunch Outing: Central Standard Craft Burgers (RSVP)(\$ [ML] 2:00 🍷 Happy Hour with Darlene Breuwet! [ML] 6:00 🎲 Movie Night [B/L]</p>	<p>6</p> <p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 🏊 Resident Led - One Mile Walking Tape [MR] 1:00 🎴 Card Games 1:00 🎴 Dominoes with Friends! 2:00 🎲 Shoot Pool with a Neighbor!</p>		
<p>7</p> <p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 8:00a 🚗 Church Transportation [ML] 1:00 🎴 Card Games 2-4 🧘 Hand Craft Group [2nd Floor] 2:00 🎲 Shoot Pool with a Neighbor! 6:00 🎴 Kings in the Corner Card Game (Beginner Cards) 6:00 🌟 The Chosen [MR]</p>	<p>8</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 10:30 🍷 French with Jeannine [B/L] 11:30 🍷 Japan Travelogue & Taste Tester [B/L] 12:45 🌟 Solar Eclipse Viewing (Time Approx.) Get your Viewing Glasses at the Front Desk! [FP] 2:00 🧘 Beginner Tai Chi [MR] 2:15 🧘 Advanced Tai Chi [MR] 2:30 🧘 Laughter Yoga & Meditation [MR]</p>	<p>9</p> <p>9:00 🥁 Drums Alive [MR] 9:45 🎵 Light & Lively [MR] 10:30 🌟 Rosary [MR] 11:00 🚗 Walgreen's Outing (RSVP) [ML] 12:00 🍷 Ice cream Sundae Bar 1:00 🧘 Resident Led Tai Chi [MR] 2:00 🧘 Balance Improv. Class [MR] 2:30 🎵 Turn it up Tuesdays Music Social [B/L] 6:00 🎴 Card Games</p>	<p>10</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🚗 Hy-Vee Outing (RSVP) [ML] 12:30 🎲 Jeopardy [B/L] 2:00 🧘 Small Group Exercise (RSVP Req'd) 6:00 🏊 Shoot Pool with a Neighbor!</p>	<p>11</p> <p>8:45 🕊️ Ageless Grace [ILDR] 9:45 🏐 Small Ball Exercises [MR] 11:00 🎲 25 Cent Bingo [ILDR] 1:30 🍷 Themed Happy Hour with Ron Lubbers: Japan [ILDR] 2-4 🧘 Hand Craft Group [2nd Floor] 3:00 🎴 Wordscapes [B/L] 6:00 🎴 Card Games</p>	<p>12</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 11:30 🍷 Lunch Outing: Red Ginger (RSVP)(\$ [ML] 2:00 🍷 Happy Hour + Karaoke! [B/L] 6:00 🎲 Movie Night [B/L]</p>	<p>13</p> <p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 9:00 🌟 Spring Brunch [ILDR] 10:00 🏊 Resident Led - One Mile Walking Tape [MR] 1:00 🎴 Card Games 1:00 🎴 Dominoes with Friends! 2:00 🎲 Shoot Pool with a Neighbor!</p>		
<p>14</p> <p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 8:00a 🚗 Church Transportation [ML] 1:00 🎴 Card Games 2-4 🧘 Hand Craft Group [2nd Floor] 2:00 🎲 Shoot Pool with a Neighbor! 6:00 🎴 Kings in the Corner Card Game (Beginner Cards)</p>	<p>15</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 11:30 🍷 Cooking with Kate: Mini Taco Cups [ILDR] 2:00 🧘 Beginner Tai Chi [MR] 2:15 🧘 Advanced Tai Chi [MR] 2:30 🍷 Monday Mixers Social Hour: Peach Green Tea Cooler [B/L] 3:00 🧘 Alzheimer's / Dementia Support Group</p>	<p>16</p> <p>9:00 🥁 Drums Alive [MR] 9:45 🎵 Light & Lively [MR] 10:30 🌟 Rosary [MR] 12:00 🗣️ Ambassador & Program Planning Meeting [B/L] 12:45 🍷 Story & Picture Sharing: Your Kids & their Shenanigan's growing up!! [B/L] 1:00 🧘 Resident Led Tai Chi [MR] 2:00 🎨 Color Me Calm: Coloring & Painting [B/L] 6:00 🎴 Card Games</p>	<p>17</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🚗 Hy-Vee Outing (RSVP) [ML] 10:45 📖 Bible Study with Paul [MR] 12:30 🎲 Jeopardy [B/L] 2:00 🧘 Small Group Exercise (RSVP Req'd) 6:00 🏊 Shoot Pool with a Neighbor!</p>	<p>18</p> <p>8:45 🕊️ Ageless Grace [ILDR] 9:45 🏐 Small Ball Exercises [MR] 11:00 🌟 Devotionals [B/L] 1:00 🕊️ Catholic Mass (AL) 2:00 🎲 25 Cent Bingo [ILDR] 2-4 🧘 Hand Craft Group [2nd Floor] 3:00 🎴 Wordscapes [B/L] 6:00 🎴 Card Games</p>	<p>19</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 11:30 🍷 Lunch Outing: The Foundry (RSVP)(\$ [ML] 2:00 🍷 Happy Hour with Neil McReynolds! [ML] 6:00 🎲 Movie Night [B/L]</p>	<p>20</p> <p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 🏊 Resident Led - One Mile Walking Tape [MR] 1:00 🎴 Card Games 1:00 🎴 Dominoes with Friends! 2:00 🎲 Shoot Pool with a Neighbor!</p>		
<p>21</p> <p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 8:00a 🚗 Church Transportation [ML] 1:00 🎴 Card Games 2-4 🧘 Hand Craft Group [2nd Floor] 2:00 🎲 Shoot Pool with a Neighbor! 6:00 🎴 Kings in the Corner Card Game (Beginner Cards)</p>	<p>22</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 10:30 🍷 French with Jeannine [B/L] 11:30 🍷 Cooking with Kate: Pizza Rollups [ILDR] 2:00 🧘 Beginner Tai Chi [MR] 2:15 🧘 Advanced Tai Chi [MR] 2:30 🧘 Laughter Yoga & Meditation [MR]</p>	<p>23</p> <p>9:00 🥁 Drums Alive [MR] 9:45 🎵 Light & Lively [MR] 10:30 🌟 Rosary [MR] 11:00 🚗 Walgreen's Outing (RSVP) [ML] 12:00 🍷 Themed Luncheon: Japan [ILDR] 1:00 🧘 Resident Led Tai Chi [MR] 2:00 🧘 Balance Improv. Class [MR] 2:30 🎵 Turn it up Tuesdays Music Social [B/L] 6:00 🎴 Card Games</p>	<p>24</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🚗 Hy-Vee Outing (RSVP) [ML] 12:30 🎲 Jeopardy [B/L] 2:00 🎴 Board Game Day! Come down + Play a variety of Games! [ILDR] 2:00 🧘 Small Group Exercise (RSVP Req'd) 6:00 🏊 Shoot Pool with a Neighbor!</p>	<p>25</p> <p>8:45 🎴 Chinese Checkers & Coffee with Kate [B/L] 9:45 🏐 Small Ball Exercises [MR] 11:00 🌟 Devotionals [B/L] 2:00 🎲 25 Cent Bingo [ILDR] 2-4 🧘 Hand Craft Group [2nd Floor] 3:00 🎴 Wordscapes [B/L] 6:00 🎴 Card Games</p>	<p>26</p> <p>8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 11:30 🍷 Lunch Outing: Biaggi's Italian (RSVP)(\$ [ML] 2:00 🍷 April BIRTHDAY PARTY + Happy Hour with Jordan Daniels! [ML] 6:00 🎲 Movie Night [B/L]</p>	<p>27</p> <p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 🏊 Resident Led - One Mile Walking Tape [MR] 1:00 🎴 Card Games 1:00 🎴 Dominoes with Friends! 2:00 🎲 Shoot Pool with a Neighbor!</p>		
<p>28</p> <p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 8:00a 🚗 Church Transportation [ML] 1:00 🎴 Card Games 2-4 🧘 Hand Craft Group [2nd Floor] 2:00 🎲 Shoot Pool with a Neighbor! 6:00 🎴 Kings in the Corner Card Game (Beginner Cards)</p>	<p>29</p> <p>8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🧘 Sit & Be Fit [MR] 11:30 🍷 Cooking with Kate: Lemon Blueberry Cookies [ILDR] 2:00 🗣️ Town Hall Meeting with Annette [ILDR] 2:30 🍷 Monday Mixers Social Hour [B/L]</p>	<p>30</p> <p>9:00 🥁 Drums Alive [MR] 9:45 🎵 Light & Lively [MR] 10:30 🌟 Rosary [MR] 12:45 🗣️ Picture & Story Sharing Hour: How the Quad Cities Has Changed! [B/L] 1:00 🧘 Resident Led Tai Chi [MR] 2:00 🎨 Color Me Calm: Coloring & Painting [B/L] 6:00 🎴 Card Games</p>	<p>🧠 Brain Power 🏊 Exercise & Movement 🗣️ Expression 🧘 Inner Strength 🌟 Nourishment & Health 🍷 Socialization 🌟 Spirituality</p>			<p>Rock Steady Boxing A Parkinson's Specific Exercise class now offered on Tuesday's & Thursday's from 12pm- 1pm in Assisted Living (3rd Floor) <i>Give Parkinson's Disease a good PUNCH and have fun while doing it!</i></p>	<p>Keep Your Mind Sharp! The Dakim® Brain Fitness System is available every day in the Computer Lab located on the 2nd Floor. See Kate to register!!</p>	<p>Resident Birthdays</p> <p>Judy A. 4/2 William C. 4/4 Loris R. 4/16</p>