





Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p><b>Embrace the World Laos/Thailand</b></p> <p><i>Activities are subject to change. Please see posted daily activity sheets for details and updates to the schedule.</i></p>	<p><b>April Fool's Day 1</b>          Dr. Appt. Transportation Day          10:30 Catholic Rosary and Communion          1:15 Chuck the Chicken  <b>1:45 GREEDY GRANNY GAME</b> 😊          2:30 April Fool's Fun          3:00 Rummikub Club and Uno in the Bistro</p>	<p><b>2</b>          10:00 Noodle Ball  <b>11:10 Outing: Katerina's Greek Restaurant</b>          2:15 B-I-N-G-O          3:30 Word Games</p>	<p><b>3</b>          Dr. Appt. Transportation Day          10:30 Chair Exercise Video          1:15 Star of the Month          1:45 Where Am I?  <b>2:30 OUTSIDE WALKING GROUP</b>          3:15 Rummikub Club          3:15 Manicures and Music</p>	<p><b>4</b>          10:00 Sit and Get Fit  <b>11:15 Outing: Thai Restaurant</b>           2:00 Card-O  <b>2:30 Hair Cuttery</b>  <b>3:00 Creative Craft – Flower Door Decoration Part 1</b></p>	<p><b>5</b>          10:30 Cardio Drumming          2:30 Happy Hour and Trivia  <b>4:00 Planting Flowers with the Girl Scouts</b>          6:15 Movie Night: "Holiday in the Wild"</p>	<p><b>6</b>  <b>1:15 Watch: "Thailand: The Golden Kingdom" Documentary</b>  <b>2:30 BISTRO SOCIAL HOUR with Debbie</b></p>
<p><b>7</b>          9:30 Manicures          10:15 Hymn Music          11:00 Sit and Get Fit  <b>1:30 Traditional Bible Preaching Service</b>          3:00 B-I-N-G-O</p>	<p><b>8</b>          Dr. Appt. Transportation Day          10:30 Catholic Rosary and Communion  <b>1:15 Library Talk with Librarian, Kelly Syarto</b>  <b>2:30 Creative Craft – Flower Door Decoration Part 2</b>          3:15 Rummikub Club          3:15 Uno with Miriam</p>	<p><b>9</b>          10:00 Sit and Get Fit  <b>10:45 OUTING: Hunter's Head Tavern</b>  <b>2:15 EXTREME B-I-N-G-O! (Play Several Different Versions of Bingo!)</b>  </p>	<p><b>10</b>          SPA CREEK DENTAL VISIT          Dr. Appt. Transportation Day          10:30 Chair Exercise Video          11:00 Watch: Secret of the Whales – Humpback Songs          1:15 Travelogue: Scottish Highlands          1:45 Word Games  <b>2:30 Birthday Cake Social</b>          3:15 Rummikub Club          3:15 Manicures and Music</p>	<p><b>11</b>          10:15 Sit and Get Fit          11:00 Word Games          1:15 B-I-N-G-O  <b>2:45 Outing: Cookies and Cream</b> </p>	<p><b>12</b>          10:30 Cardio Drumming          11:00 Before and After  <b>1:15 Presentation About the Hmong Culture with Christina Yang</b>          2:30 Happy Hour and Trivia          6:15 Movie Night: "The Miracle Club"</p>	<p><b>13</b>  <b>Nat'l Thomas Jefferson Day</b>          1:15 Watch: "Thomas Jefferson - 3<sup>rd</sup> President of the United States" </p>
<p><b>14</b>  <b>9:30 Bible Study with Judy K.</b>          11:00 Sit and Get Fit          1:15 B-I-N-G-O  <b>2:45 Watch: Amazing Quest: Stories from Laos</b>          2:45 Manicures in Art Studio</p>	<p><b>15</b>          Dr. Appt. Transportation Day          10:30 Catholic Rosary and Communion  <b>1:15 LIVE ENTERTAINMENT with Caleb Nei</b>          2:30 Word Games          3:15 Rummikub Club</p>	<p><b>16</b>  <b>National Orchid Day</b>          PODIATRIST VISIT          10:00 Sit and Get Fit  <b>11:00 Outing: Sweet Water Tavern</b>   <b>2:00 RESIDENT COUNCIL (Meet George)</b>  <b>3:15 Orchid Prize B-I-N-G-O</b></p>	<p><b>17</b>  <b>National Banana Day</b>          Dr. Appt. Transportation Day          10:30 Chair Exercise Video          11:00 Watch: National Geo's Secret of the Whales – Beluga Kingdom          1:15 B-I-N-G-O  <b>2:45 Banana Sundaes on the Patio (or Bistro if too cold)</b>          3:15 Rummikub Club          3:15 Manicures and Music</p>	<p><b>18</b>  <b>10:00 Worship and Song with Mary and Bella</b>  <b>11:30 Outing: MOD Pizza</b>          2:00 Card-O  <b>2:30 Hair Cuttery</b>  <b>3:00 Creative Craft: Crocheted Granny Square Pouch</b></p>	<p><b>19</b>          10:30 Cardio Drumming          2:15 B-I-N-G-O          3:30 Happy Hour and Trivia          6:15 Movie Night: "Darkest Hour"</p>	<p><b>20</b>          1:15 Watch: "Ticky Dick &amp; The Man in Black"  <b>2:30 BISTRO SOCIAL HOUR with Debbie</b></p>
<p><b>21</b>          9:30 Manicures          10:15 Hymn Music          11:00 Sit and Get Fit  <b>1:30 Traditional Bible Preaching Service</b>          3:00 B-I-N-G-O</p>	<p><b>22</b>  <b>Passover Begins Earth Day</b>          Dr. Appt. Transportation Day          10:30 Catholic Rosary and Communion  <b>1:15 LIVE ENTERTAINMENT with Adam Melia</b>  <b>2:45 Shopping Trip: Target</b>          3:15 Rummikub Club</p>	<p><b>23</b>  <b>National Picnic Day</b>          10:15 Sit and Get Fit  <b>11:45 Outing: Picnic Lunch (Weather Pending)</b>           2:00 B-I-N-G-O          3:30 Word Games</p>	<p><b>24</b>          Dr. Appt. Transportation Day          10:30 Chair Exercise Video          11:00 Watch: National Geo's Secret of the Whales – Ocean Giants  <b>1:15 Health Talk with Megha from Powerback Rehab</b>          2:30 Word Games          3:15 Rummikub Club          3:15 Manicures and Music</p>	<p><b>25</b>  <b>10:00 Outing: National Harbor with Lunch at Fiorella's Italian Kitchen</b>          1:15 Movie Documentary: "David Foster: Off the Road"          3:30 B-I-N-G-O</p>	<p><b>26</b>  <b>Arbor Day</b>          10:30 Cardio Drumming          2:15 B-I-N-G-O  <b>3:30 FAREWELL, WENDY</b>           6:15 Movie Night: "Erin Brockovich"</p>	<p><b>27</b>  <b>National First Ladies Day</b>          1:15 Watch: "First Ladies Revealed"          2:00 Watch: "First Ladies Throughout History   Biography"</p>

**28**  
 1:15 Movie Matinee: "Emma" starring Gwyneth Paltrow (1996)  


**29**  
 Dr. Appt. Transportation Day  
 10:30 Catholic Rosary and Communion  
**1:15 Special Candy Dice Game!**  
**2:30 "Wonka" Movie Matinee and Wonka Treats!**  


**30**  
 10:00 Sit and Get Fit  
**11:10 Outing: Longhorn Steak House**  
 2:30 Card-O  
 3:30 Word Games

**April 2024**  
 Assisted Living