

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>10:00a: Chair Yoga (ES) <b>1</b></p> <p>11:00a: Brain Exercises (S1)</p> <p>2:00p: "Fact or Foolery", a light - hearted game celebrating April Fool's Day (FT)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Spelling Bee (S1)</p>	<p>2</p> <p>10:00a: Balloon Volleyball (ES)</p> <p>11:00a: Mah Jong (L)</p> <p>1:30p: Pedal the World (FT)</p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Wine &amp; Watercolor (CV)</p>	<p>3</p> <p>10:00a: Chair Yoga (ES)</p> <p>11:00a: Prize Bingo (S1)</p> <p><b>1:00p: A visit w/ Lee &amp; Chloe Johnson, Amateur Radio Operators &amp; Hobbyists (FT)</b></p> <p>2:00p: Bravo! Music Program (FT)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour (LC)</p>	<p>4</p> <p>10:00a: Trip to Wal-Mart</p> <p>11:00a: Tai Chi (ES)</p> <p>1:30p: Pedal the World (FT)</p> <p><b>2:00p: Dessert and Piano Music by Jessica G (GL)</b></p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Spiritual Devotions (C)</p>	<p>5</p> <p>10:00a: Chair Yoga (ES)</p> <p>10:45a: Wheel-Of-Fortune Toss-Up Challenge (C)</p> <p>1:30p: Tie Blankets for Charity (CV)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour (LC)</p> <p>6:30p: Movie &amp; Popcorn (FT)</p>	<p>6</p> <p>10:00a: *Adult Coloring (CV)</p> <p>1:00p: Pedal the World (FT)</p> <p>2:30p: *Jigsaw Puzzles</p> <p><b>3:00p: Performance by Concert Pianist Jessica Monnier (FT)</b></p> <p>*resident run activity</p>
<p>7</p> <p>11:00p: Balloon Volleyball (ES)</p> <p>3:00p: *Bridge (LC)</p> <p>4:00p: *Adult Coloring (CV)</p> <p>*resident run activity</p>	<p>8</p> <p>10:00a: Chair Yoga (ES)</p> <p>11:00a: Brain Exercises (S1)</p> <p><b>2:00p: Opera Performance: Cedar Rapids Opera Theatre (FT)</b></p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Prize Bingo (S1)</p>	<p>9</p> <p>10:00a: Balloon Volleyball (ES)</p> <p>11:00a: Mah Jong (L)</p> <p>1:30p: Pedal the World (FT)</p> <p><b>2:15p: Book Club (L)</b></p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Wine &amp; Watercolor (CV)</p>	<p>10</p> <p>10:00a: Chair Yoga (ES)</p> <p>11:00a: Prize Bingo (S1)</p> <p><b>1:00p: Tour Cedar Valley Humane Society and donate pet supplies</b></p> <p>2:30p: Bravo! Music Program (FT)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour (LC)</p>	<p>11</p> <p>10:00a: Trip to Hy-Vee</p> <p>11:00a: Tai Chi (ES)</p> <p>1:30p: Pedal the World (FT)</p> <p><b>2:00p: Dessert and Live Piano Music by Jerry Smithey (GL)</b></p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Spiritual Devotions (C)</p>	<p>12</p> <p>10:00a: Chair Yoga (ES)</p> <p>10:45a: Putting Challenge in honor of The Master's Tournament (GL)</p> <p>1:30p: Tie Blankets for Charity (CV)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour (LC)</p> <p>6:30p: Movie &amp; Popcorn (FT)</p>	<p>13</p> <p>10:00a: *Adult Coloring (CV)</p> <p>1:00p: Pedal the World (FT)</p> <p>2:30p: *Jigsaw Puzzles</p> <p>*resident run activity</p>
<p>14</p> <p>11:00p: Balloon Volleyball (ES)</p> <p><b>1:00p: Baby Shower for Bianca Foster (LC)</b></p> <p>3:00p: *Bridge (LC)</p> <p>4:00p: *Adult Coloring (CV)</p> <p>*resident run activity</p>	<p>15</p> <p>10:00a: Chair Yoga (ES)</p> <p>10:30a: Planting real Easter grass (S1)</p> <p><b>2:00p: Food for Thought Chef Cooking Demonstration (CL)</b></p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Spelling Bee (S1)</p>	<p>16</p> <p>10:00a: Balloon Volleyball (ES)</p> <p>11:00a: Mah Jong (L)</p> <p>1:30p: Pedal the World (FT)</p> <p><b>2:15p: Community Meeting (FT)</b></p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Wine &amp; Watercolor (CV)</p>	<p>17</p> <p>10:00a: Chair Yoga (ES)</p> <p><b>11:00a: Lunch Outing: Scott's Family Restaurant</b></p> <p>1:00p: Brain Exercises (S1)</p> <p>2:00p: Bravo! Music Program (FT)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour (LC)</p>	<p>18</p> <p>10:00a: Trip to Wal-Mart</p> <p>11:00a: Tai Chi (ES)</p> <p>1:30p: Pedal the World (FT)</p> <p><b>2:00p: Dessert and Live Harp Music by Lisa Moy (GL)</b></p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Spiritual Devotions (C)</p>	<p>19</p> <p>10:00a: Chair Yoga (ES)</p> <p>10:45a: Wheel-Of-Fortune Toss-Up Challenge (C)</p> <p>1:30p: Tie Blankets for Charity (CV)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour (LC)</p> <p>6:30p: Movie &amp; Popcorn (FT)</p>	<p>20</p> <p>10:00a: *Adult Coloring (CV)</p> <p>1:00p: Pedal the World (FT)</p> <p>2:30p: *Jigsaw Puzzles</p> <p>*resident run activity</p>
 <p>21</p> <p>Easter Buffet for Residents &amp; Families *Time to be Announced* (RSVP required)</p>	<p>22</p> <p>10:00a: Chair Yoga (ES)</p> <p>11:00a: Brain Exercises (S1)</p> <p>2:00p: Egg Knocking? Learn about it and come for a good laugh! (GL)</p> <p>3:00p: Active Chair Class (ES)</p> <p><b>4:00p: Prize Bingo (S1)</b></p>	<p>23</p> <p>10:00a: Balloon Volleyball (ES)</p> <p>11:00a: Mah Jong (L)</p> <p>1:30p: Pedal the World (FT)</p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Wine &amp; Watercolor (CV)</p>	<p>24</p> <p>10:00a: Chair Yoga (ES)</p> <p>11:00a: Prize Bingo (S1)</p> <p><b>1:00p: Community Tour: What's Where at Grand Living? (GL)</b></p> <p>2:00p: Bravo! Music Program (FT)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour (LC)</p>	<p>25</p> <p>10:00a: Trip to Hy-Vee</p> <p>11:00a: Tai Chi (ES)</p> <p>1:30p: Pedal the World (FT)</p> <p><b>2:00p: Birthday Party, Cake &amp; Live Piano Music by Dave Poggenklass (GL)</b></p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Spiritual Devotions ©</p>	<p>26</p> <p>10:00a: Chair Yoga (ES)</p> <p>10:45a: Wheel-Of-Fortune Toss-Up Challenge ©</p> <p>12:00p: Lunch &amp; Learn w/ Kindred HH</p> <p>1:30p: Tie Blankets for Charity (CV)</p> <p>3:00p: Active Chair Class (ES)</p> <p>4:00p: Social Hour (LC)</p> <p>6:30p: Movie &amp; Popcorn (FT)</p>	<p>27</p> <p>10:00a: *Adult Coloring (CV)</p> <p>1:00p: Pedal the World (FT)</p> <p>2:30p: *Jigsaw Puzzles</p> <p>*resident run activity</p>
<p>28</p> <p>11:00p: Balloon Volleyball (ES)</p> <p>3:00p: *Bridge (LC)</p> <p>4:00p: *Adult Coloring (CV)</p> <p>*resident run activity</p>	<p>29</p> <p>10:00a: Chair Yoga (ES)</p> <p>11:00a: Brain Exercises (S1)</p> <p>2:00p: Spelling Bee (S1)</p> <p>3:00p: Active Chair Class (ES)</p> <p><b>4:00p: Grand Patriots Event (LC)</b></p>	<p>30</p> <p>10:00a: Balloon Volleyball (ES)</p> <p>11:00a: Mah Jong (L)</p> <p>1:30p: Pedal the World (FT)</p> <p>3:00p: Step Into Balance (ES)</p> <p>4:00p: Wine &amp; Watercolor (CV)</p>	<p><b>LEGEND:</b></p> <p>B - Bistro</p> <p>BP - Back Patio</p> <p>C - Chapel</p> <p>CL - Café Linn</p> <p>CV - Creekview</p> <p>ES - Exercise Studio</p>	<p>FC - Fitness Center</p> <p>FP - Front Porch</p> <p>FT - Forum Theater</p> <p>GL - Grand Lounge</p> <p>GS - Gift Shop</p> <p>L - Library</p>	<p>LC - Legends Club</p> <p>LL - Lavender Lane</p> <p>ML - Monarch Lane</p> <p>MP - Midwest Athletic Club Pool</p> <p>S - Salon/Spa</p>	<p>S1 - Studio 1</p> <p>S2 - Studio 2</p> <p>S3 - Studio 3</p> <p>S4 - Studio 4</p>