

# March / April

## WEEKLY ACTIVITIES

|                                      |   |
|--------------------------------------|---|
| <b>SUN</b><br><b>30<sup>th</sup></b> | <b>2:30 – Church Service in the Chapel</b>  |
| <b>MON</b><br><b>31<sup>st</sup></b> | <b>9:30 – Chair exercise in the Chapel</b><br><b>10:00 – Walking Club in the U.L.</b><br><b>1:00 – Left, Right, Center Game in the U.L.</b><br><b>2:00 – Bean Bag Toss in the L.L.</b><br><b>3:00 – Hangman in the U.L.</b>   |
| <b>TUE</b><br><b>1<sup>st</sup></b>  | <b>9:30 – Chair exercise in the Chapel</b><br><b>9:30 – Coffee with Friends in the Dining Room</b><br><b>1:00 – Resident Council Informational Kickoff in the Chapel</b><br><b>1:00 – Bingo in the L.L.</b><br><b>3:30 – Chair Yoga in the Chapel</b>   |
| <b>WED</b><br><b>2<sup>nd</sup></b>  | <b>9:30 – Chair exercise in the Chapel</b><br><b>10:00 – Bible Study in the Chapel</b><br><b>10:00 – Meditation in the Sensory Room</b><br><b>12:30 – Walmart Trip</b><br><b>(Sign up on the Bulletin)</b>  |
| <b>THU</b><br><b>3<sup>rd</sup></b>  | <b>9:30 – Chair exercise in the Chapel</b><br><b>10:00 – Walking Club in the U.L.</b><br><b>1:00 – Bingo in the L.L.</b><br><b>3:30 – Chair Yoga in the Chapel</b>  |
| <b>FRI</b><br><b>4<sup>th</sup></b>  | <b>9:30 – Chair exercise in the Chapel</b><br><b>No Meditation Today</b><br><b>10:00 – Catholic Service with Father Collins in the Chapel</b><br><b>10:30 – Water Aerobics in the Pool Room</b><br><b>1:00 – Name That Tune in the L.L.</b><br><b>2:00 – Keep it Moving in the L.L.</b><br><b>3:00 – Scattegories in the U.L.</b> |

**\*\*Refer a friend to live here at fabulous Pine Hills Retirement Community and receive \$500 off 1 months rent!!\*\***

**(turn page over for weekly menu)**

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## WEEKLY ACTIVITIES

SAT  
5<sup>th</sup>

**1:00 – Cards (313) Hosted by Frances in the U.L.**

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**(turn page over for weekly menu)**