April 2024

Oaks at Belmont
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **10:30am** Music with Liz (HC) **11:30am** Pickle Ball (HC) **1:30pm** Sit and Be Fit (AL) **2:00pm** Catholic Communion (AL) **2:30pm** Movie Matinee (AL) **4:30pm** Mindful Moments (HC)	2 **10:30am** Pickle Ball (AL) **11:30am** Twitchers -Michigan Birds (ALRR) **1:30pm** Bingo (HC) **3:00pm** Book Club (AL) **4:30pm** Mindful Moments (HC) **6:00pm** Game Night (HC)	3 **10:30am** Coffee & Conversation (AL) **11:30am** My Favs: Music (DR) **1:30pm** Sit and Be Fit (AL) **2:30pm** Word Games (HC) **3:00pm** Campus in Color (HC) **4:30pm** Mindful Moments (HC) **6:00pm** Trivia Night (HC)	4 **10:30am** Morning Movement (HC) **11:30am** Travelogue (AL) **1:30pm** Bingo (AL) **3:00pm** Expressive Art (AL) **3:00pm** Resident Council (AL) **4:30pm** Mindful Moments (HC) **6:00pm** Crafters Corner (HC)	5 **10:30am** Music with Liz (HC) **11:30am** Pickle Ball (HC) **1:30pm** Table Games (AL) **3:00pm** Happy Hour (HC) **4:30pm** Mindful Moments (HC)	6 **10:30am** Morning Movement (AL) **11:30am** Humor Me-Mad Libs (HC) **1:30pm** Bingo (HC) **3:00pm** Saturday Nail Spa (AL) **4:30pm** Mindful Moments (HC)
7 **10:00am** Catholic Mass at the Cathedral (Ch. 7) (C7) **11:00am** Word Searches (HC) **1:30pm** Afternoon Artisans (HC) **4:30pm** Mindful Moments (HC)	8 **10:30am** Music with Liz (HC) **11:30am** Pickle Ball (HC) **1:30pm** Sit and Be Fit (AL) **2:00pm** Catholic Communion (AL) **2:30pm** Movie Matinee (AL) **4:30pm** Mindful Moments (HC)	9 **10:30am** Pickle Ball (AL) **11:30am** Twitchers -Michigan Birds (ALRR) **1:30pm** Bingo (HC) **3:00pm** Book Club (AL) **4:30pm** Mindful Moments (HC) **6:00pm** Game Night (HC)	10 **10:30am** Coffee & Conversation (AL) **11:30am** My Favs: Music (DR) **1:30pm** Blanketed in Love (AL) **1:30pm** Sit and Be Fit (AL) **2:30pm** Word Games (HC) **3:00pm** Feeling Fabulous - Calendar (AL) **4:30pm** Mindful Moments (HC) **6:00pm** Trivia Night (HC)	11 **10:30am** Morning Movement (HC) **11:30am** Travelogue (AL) **1:30pm** Bingo (AL) **3:00pm** Expressive Art (AL) **4:30pm** Mindful Moments (HC) **6:00pm** Crafters Corner (HC)	12 **10:30am** Music with Liz (HC) **11:30am** Pickle Ball (HC) **1:30pm** Table Games (AL) **2:30pm** Belmont Market (HC) **3:00pm** Happy Hour (HC) **4:30pm** Mindful Moments (HC)	13 **10:30am** Morning Movement (AL) **11:30am** Humor Me-Mad Libs (HC) **1:30pm** Bingo (HC) **3:00pm** Saturday Nail Spa (AL) **4:30pm** Mindful Moments (HC)

April 2024

Oaks at Belmont
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 10:00am Catholic Mass at the Cathedral (Ch. 7) (C7) 11:00am Brunch 11:00am Word Searches (HC) 1:30pm Afternoon Artisans (HC) 4:30pm Mindful Moments (HC)	**15** 10:30am Music with Liz (HC) 11:30am Pickle Ball (HC) 1:30pm Sit and Be Fit (AL) 2:00pm Catholic Communion (AL) 2:30pm Movie Matinee (AL) 4:30pm Mindful Moments (HC)	**16** 10:30am Pickle Ball (AL) 11:30am Twitchers -Michigan Birds (ALRR) 1:30pm Bingo (HC) 3:00pm Book Club (AL) 4:30pm Mindful Moments (HC) 6:00pm Game Night (HC)	**17** 10:30am Coffee & Conversation (AL) 11:30am My Favs: Music (DR) 1:30pm Sit and Be Fit (AL) 2:30pm Word Games (HC) 3:00pm Campus in Color (HC) 4:30pm Mindful Moments (HC) 6:00pm Trivia Night (HC)	**18** 10:30am Morning Movement (HC) 11:30am Travelogue (AL) 1:30pm Bingo (AL) 3:00pm Expressive Art (AL) 4:30pm Mindful Moments (HC) 6:00pm Crafters Corner (HC)	**19** 10:30am Music with Liz (HC) 11:30am Pickle Ball (HC) 1:30pm Table Games (AL) 3:00pm Happy Hour (HC) 4:30pm Mindful Moments (HC)	**20** 10:30am Morning Movement (AL) 11:30am Humor Me- Mad Libs (HC) 1:30pm Bingo (HC) 3:00pm Saturday Nail Spa (AL) 4:30pm Mindful Moments (HC)
21 10:00am Catholic Mass at the Cathedral (Ch. 7) (C7) 11:00am Word Searches (HC) 1:30pm Afternoon Artisans (HC) 4:30pm Mindful Moments (HC)	**22** 10:30am Music with Liz (HC) 11:30am Pickle Ball (HC) 1:30pm Sit and Be Fit (AL) 2:00pm Catholic Communion (AL) 2:30pm Movie Matinee (AL) 4:30pm Mindful Moments (HC)	**23** 10:30am Pickle Ball (AL) 11:30am Twitchers -Michigan Birds (ALRR) 1:30pm Bingo (HC) 3:00pm Book Club (AL) 4:30pm Mindful Moments (HC) 6:00pm Game Night (HC) 6:30pm Rockford Orchestra (HC)	**24** 10:30am Coffee & Conversation (AL) 11:30am My Favs: Music (DR) 1:30pm Sit and Be Fit (AL) 2:30pm Word Games (HC) 3:00pm Feeling Fabulous - Calendar (AL) 4:30pm Mindful Moments (HC) 6:00pm Trivia Night (HC)	**25** 10:30am Morning Movement (HC) 11:30am Travelogue (AL) 1:30pm Bingo (AL) 3:00pm Expressive Art (AL) 4:30pm Mindful Moments (HC) 6:00pm Crafters Corner (HC)	**26** 10:30am Music with Liz (HC) 11:30am Pickle Ball (HC) 1:30pm Table Games (AL) 3:00pm Happy Hour (HC) 4:30pm Mindful Moments (HC)	**27** 10:30am Morning Movement (AL) 11:30am Humor Me- Mad Libs (HC) 1:30pm Bingo (HC) 3:00pm Saturday Nail Spa (AL) 4:30pm Mindful Moments (HC)
28 10:00am Catholic Mass at the Cathedral (Ch. 7) (C7) 11:00am Word Searches (HC) 1:30pm Afternoon Artisans (HC) 4:30pm Mindful Moments (HC)	**29** 10:30am Music with Liz (HC) 11:30am Pickle Ball (HC) 1:30pm Sit and Be Fit (AL) 2:00pm Catholic Communion (AL) 2:30pm Movie Matinee (AL) 4:30pm Mindful Moments (HC)	**30** 10:30am Pickle Ball (AL) 11:30am Twitchers -Michigan Birds (ALRR) 1:30pm Bingo (HC) 3:00pm Book Club (AL) 4:30pm Mindful Moments (HC) 6:00pm Game Night (HC)				Artisans Circle of Friends Community Connections Creative Cooking Daily Rhythm Expressive Arts Gathering of Friends Generations Group Games Inspirations Just The Guys Keeping it Sharp/Reminisce Lifelong Learning Mindful Moments Music to My Ears Other Out & About Signature Events Vitality

April 2024

The Oaks at Belmont Health Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **10:30am** Music with Liz (HC) **11:30am** Morning Movement (HC) **1:30pm** Sit & be Fit (AL) **2:00pm** Catholic Communion (AL) **2:30pm** Movie Matinee (AL) **4:30pm** Mindful Moments (HC) **6:00pm** Table Games (HC)	2 **10:30am** Pickle Ball (AL) **11:30am** Twitchers -Michigan Birds (ALRR) **1:30pm** Bingo (HC) **3:00pm** Book Club (AL) **3:00pm** Resident Council (HC) **4:30pm** Mindful Moments (HC) **6:00pm** Game Night (HC)	3 **10:30am** Coffee & Conversation (AL) **11:30am** My Favs: Music (DR) **1:30pm** Sit and Be Fit (AL) **2:30pm** Word Games (HC) **3:00pm** Campus in Color (HC) **4:30pm** Mindful Moments (HC) **6:00pm** Trivia Night (HC)	4 **10:30am** Morning Movement (HC) **11:30am** Travelogue (ALRR) **1:30pm** Bingo (AL) **3:00pm** Expressive Art (AL) **4:30pm** Mindful Moments (HC) **6:00pm** Crafters Corner (HC)	5 **10:30am** Music with Liz (HC) **11:30am** Pickle Ball (HC) **1:30pm** Table Games (AL) **3:00pm** Happy Hour (HC) **4:30pm** Mindful Moments (HC)	6 **10:30am** Morning Movement (AL) **11:30am** Humor Me-Mad Libs (HC) **1:30pm** Bingo (HC) **3:30pm** Saturday Nail Spa (AL) **4:30pm** Mindful Moments (HC)
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April 2024

The Oaks at Belmont Health Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 10:00am Catholic Mass at the Cathedral (Ch. 7) (C7) 11:00am Brunch 11:00am Word Searches (HC) 1:30pm Afternoon Artisans (HC) 4:30pm Mindful Moments (HC)	**15** 10:30am Music with Liz (HC) 11:30am Morning Movement (HC) 1:30pm Sit & be Fit (AL) 2:00pm Catholic Communion (AL) 2:30pm Movie Matinee (AL) 4:30pm Mindful Moments (HC) 6:00pm Table Games (HC)	**16** 10:30am Pickle Ball (AL) 11:30am Twitchers -Michigan Birds (ALRR) 1:30pm Bingo (HC) 3:00pm Book Club (AL) 4:30pm Mindful Moments (HC) 6:00pm Game Night (HC)	**17** 10:30am Coffee & Conversation (AL) 11:30am My Favs: Music (DR) 1:30pm Sit and Be Fit (AL) 2:30pm Word Games (HC) 3:00pm Campus in Color (HC) 4:30pm Mindful Moments (HC) 6:00pm Trivia Night (HC)	**18** 10:30am Morning Movement (HC) 11:30am Travelogue (ALRR) 1:30pm Bingo (AL) 3:00pm Expressive Art (AL) 4:30pm Mindful Moments (HC) 6:00pm Crafters Corner (HC)	**19** 10:30am Music with Liz (HC) 11:30am Pickle Ball (HC) 1:30pm Table Games (AL) 3:00pm Happy Hour (HC) 4:30pm Mindful Moments (HC)	**20** 10:30am Morning Movement (AL) 11:30am Humor Me- Mad Libs (HC) 1:30pm Bingo (HC) 3:30pm Saturday Nail Spa (AL) 4:30pm Mindful Moments (HC)
21 10:00am Catholic Mass at the Cathedral (Ch. 7) (C7) 11:00am Word Searches (HC) 1:30pm Afternoon Artisans (HC) 4:30pm Mindful Moments (HC)	**22** 10:30am Music with Liz (HC) 11:30am Morning Movement (HC) 1:30pm Sit & be Fit (AL) 2:00pm Catholic Communion (AL) 2:30pm Movie Matinee (AL) 4:30pm Mindful Moments (HC) 6:00pm Table Games (HC)	**23** 10:30am Pickle Ball (AL) 11:30am Twitchers -Michigan Birds (ALRR) 1:30pm Bingo (HC) 3:00pm Book Club (AL) 4:30pm Mindful Moments (HC) 6:00pm Game Night (HC) 6:30pm Rockford Orchestra (HC)	**24** 10:30am Coffee & Conversation (AL) 11:30am My Favs: Music (DR) 1:30pm Sit and Be Fit (AL) 2:30pm Word Games (HC) 3:00pm Feeling Fabulous - Calendar (AL) 4:30pm Mindful Moments (HC) 6:00pm Trivia Night (HC)	**25** 10:30am Morning Movement (HC) 11:30am Travelogue (ALRR) 1:30pm Bingo (AL) 3:00pm Expressive Art (AL) 4:30pm Mindful Moments (HC) 6:00pm Crafters Corner (HC)	**26** 10:30am Music with Liz (HC) 11:30am Pickle Ball (HC) 1:30pm Table Games (AL) 3:00pm Happy Hour (HC) 4:30pm Mindful Moments (HC)	**27** 10:30am Morning Movement (AL) 11:30am Humor Me- Mad Libs (HC) 1:30pm Bingo (HC) 3:30pm Saturday Nail Spa (AL) 4:30pm Mindful Moments (HC)
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Artisans
Circle of Friends
Community Connections
Creative Cooking
Daily Rhythm
Expressive Arts
Gathering of Friends
Generations
Group Games
Inspirations
Just The Guys
Keeping it Sharp/Reminisce
Lifelong Learning
Mindful Moments
Music to My Ears
Other
Out & About
Signature Events
Vitality

April 2024

Oaks at Belmont
Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **11:00am** Sit & Be Fit (B) **11:30am** Monday Morning Huddle (B) **2:00pm** Catholic Communion (AL) **2:30pm** Men's Club (T) **4:15pm** Walking Club (IL) **6:00pm** Movie Night (T)	2 **10:30am** Sychrony Fit (B) **11:00am** Inspired Living Resident Meeting (B) **2:00pm** Resident card Games (IL) **4:15pm** Walking Club (IL)	3 **7:00am** Breakfast with Karly and Linda (IL) **9:30am** Nails by Michelle (T) **10:30am** Music with Liz (IL) **11:40am** Out to Lunch **2:00pm** Sit & Be Fit (B) **3:00pm** Kent District Library (B) **4:15pm** Walking Club (IL)	4 **10:30am** Synchrony Fit (B) **11:00am** Welcome Home Committee (IL) **1:00pm** Bible Study with Bonnie-Room visits. (IL) **1:00pm** Shopping (IL) **3:00pm** Crafts (B) **4:15pm** Walking Club (IL) **6:00pm** Movie Night (T)	5 **10:30am** Sit & Be Fit (B) **11:00am** Bingo-with Linda (IL) **3:00pm** Happy Hour **4:15pm** Walking Club (IL)	6 **1:30pm** Our Daily Bread Review-Resident Led (IL) **2:00pm** Resident Card Games (B) **4:15pm** Walking Club (IL) **6:00pm** Movie Night (T)
7 **7:30am** Protestant Worship Services (Channel 34) 7:30 am -9:30 am **10:00am** Catholic Mass at the Cathedral (Channel 7) **11:00am** Old Catholic Mass with Bishop Mike Room 802 (IL) **2:00pm** Board Games-Resident Led (IL) **4:15pm** Walking Club (IL)	8 **11:00am** Sit & Be Fit (B) **11:30am** Monday Morning Huddle (B) **2:00pm** Catholic Communion (AL) **2:30pm** Men's Club (T) **4:15pm** Walking Club (IL) **6:00pm** Movie Night (T)	9 **10:30am** Sychrony Fit (B) **2:00pm** Resident card Games (IL) **4:15pm** Walking Club (IL)	10 **7:00am** Breakfast with Karly and Linda (IL) **9:30am** Nails by Michelle (T) **10:30am** Music with Liz (IL) **11:40am** Out to Lunch **1:30pm** Blanketed in Love (AL) **2:00pm** Sit & Be Fit (B) **4:15pm** Walking Club (IL)	11 **10:30am** Synchrony Fit (B) **1:00pm** Shopping (IL) **3:00pm** Crafts (B) **4:15pm** Walking Club (IL) **6:00pm** Movie Night (T)	12 **10:30am** Sit & Be Fit (B) **11:00am** Bingo with Cheryl from Careology Home Care (B) **11:00am** Bingo-with Linda (IL) **2:30pm** Belmont Market (HC) **3:00pm** Happy Hour **4:15pm** Walking Club (IL)	13 **1:30pm** Our Daily Bread Review-Resident Led (IL) **2:00pm** Resident Card Games (B) **4:15pm** Walking Club (IL) **6:00pm** Movie Night (T)

April 2024

Oaks at Belmont
Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 7:30am Protestant Worship Services (Channel 34) 7:30 am -9:30 am 10:00am Catholic Mass at the Cathedral (Channel 7) 11:00am Brunch (HC) 11:00am Old Catholic Mass with Bishop Mike Room 802 (IL) 2:00pm Board Games-Resident Led (IL) 4:15pm Walking Club (IL)	**15** 11:00am Sit & Be Fit (B) 11:30am Monday Morning Huddle (B) 2:00pm Catholic Communion (AL) 2:30pm Men's Club (T) 4:15pm Walking Club (IL) 6:00pm Movie Night (T)	**16** 10:30am Sychrony Fit (B) 2:00pm Resident card Games (IL) 4:15pm Walking Club (IL)	**17** 7:00am Breakfast with Karly and Linda (IL) 9:30am Nails by Michelle (T) 10:30am Music with Liz (IL) 11:40am Out to Lunch 2:00pm Sit & Be Fit (B) 2:30pm Cooking with Mitch (IL) 3:00pm Kent District Library (B) 4:15pm Walking Club (IL)	**18** 10:30am Synchrony Fit (B) 1:00pm Shopping (IL) 3:00pm Birthday Celebration (IL) 4:15pm Walking Club (IL) 6:00pm Movie Night (T)	**19** 10:30am Sit & Be Fit (B) 11:00am Bingo-with Linda (IL) 3:00pm Happy Hour 4:15pm Walking Club (IL)	**20** 1:30pm Our Daily Bread Review-Resident Led (IL) 2:00pm Resident Card Games (B) 4:15pm Walking Club (IL) 6:00pm Movie Night (T)
21 7:30am Protestant Worship Services (Channel 34) 7:30 am -9:30 am 10:00am Catholic Mass at the Cathedral (Channel 7) 11:00am Old Catholic Mass with Bishop Mike Room 802 (IL) 2:00pm Board Games-Resident Led (IL) 4:15pm Walking Club (IL)	**22** 11:00am Sit & Be Fit (B) 11:30am Monday Morning Huddle (B) 2:00pm Catholic Communion (AL) 2:30pm Men's Club (T) 4:15pm Walking Club (IL) 6:00pm Movie Night (T)	**23** 10:30am Sychrony Fit (B) 2:00pm Resident card Games (IL) 4:15pm Walking Club (IL)	**24** 7:00am Breakfast with Karly and Linda (IL) 9:30am Nails by Michelle (T) 10:30am Music with Liz (IL) 11:40am Out to Lunch 2:00pm Sit & Be Fit (B) 4:15pm Walking Club (IL)	**25** 10:30am Synchrony Fit (B) 1:00pm Shopping (IL) 3:00pm Crafts (B) 4:15pm Walking Club (IL) 6:00pm Movie Night (T)	**26** 10:30am Sit & Be Fit (B) 11:00am Bingo-with Linda (IL) 3:00pm Happy Hour 4:15pm Walking Club (IL)	**27** 1:30pm Our Daily Bread Review-Resident Led (IL) 2:00pm Resident Card Games (B) 4:15pm Walking Club (IL) 6:00pm Movie Night (T)
28 7:30am Protestant Worship Services (Channel 34) 7:30 am -9:30 am 10:00am Catholic Mass at the Cathedral (Channel 7) 11:00am Old Catholic Mass with Bishop Mike Room 802 (IL) 2:00pm Board Games-Resident Led (IL) 4:15pm Walking Club (IL)	**29** 11:00am Sit & Be Fit (B) 11:30am Monday Morning Huddle (B) 2:00pm Catholic Communion (AL) 2:30pm Men's Club (T) 4:15pm Walking Club (IL) 6:00pm Movie Night (T)	**30** 10:30am Sychrony Fit (B) 2:00pm Resident card Games (IL) 4:15pm Walking Club (IL)				Artisans Circle of Friends Community Connections Creative Cooking Daily Rhythm Expressive Arts Gathering of Friends Generations Group Games Inspirations Just The Guys Keeping it Sharp/Reminisce Lifelong Learning Mindful Moments Music to My Ears Other Out & About Signature Events Vitality

April 2024

The Oaks at Belmont
Legacy Lane

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **9:00am** Dancing in the Rain **9:30am** Spring Vacations **10:00am** Morning Refresher **10:45am** Creative Cooking Committee **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Catholic Communion (AL) **2:00pm** Silly Seeds **3:30pm** Sunshine **4:00pm** Parachute Games **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Time for Tea **7:00pm** Nighttime Traditions	**2** **9:00am** Wildflower Tour **9:30am** Yard Sale **10:00am** Morning Refresher **10:45am** Homemade Biscuits **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Art Appreciation - Monet **3:30pm** Toe Tapping **4:00pm** Babbling Brook Word Game **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Shake Loose a Memory **7:00pm** Nighttime Traditions	**3** **9:00am** Garden Dancing **9:30am** Roll to 20 **10:00am** Morning Refresher **10:45am** Fruit Infused Water **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Homemade Sun Catcher **3:00pm** Campus in Color (HC) **3:30pm** Making Music **4:00pm** State Plate Game **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Reminiscing Through Photos **7:00pm** Nighttime Traditions	**4** **9:00am** Golf Club **9:30am** Working with Letters **10:00am** Morning Refresher **10:45am** Caramel Cookie Cups **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Homemade Bird Feeder **3:30pm** Music Trivia **4:00pm** Games We Played as Kids **4:00pm** Resident Committee **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Relaxing Puzzle Time **7:00pm** Nighttime Traditions	**5** **9:00am** Somewhere Over The Rainbow Chair Yoga **9:30am** Spring Babies **10:00am** Morning Refresher **10:45am** Monster Cookie Energy Bites **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Raindrop Collage **3:30pm** Music that Made Movies Famous **4:00pm** Velcro Catch **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Old Time Theater **7:00pm** Nighttime Traditions	**6** **9:00am** Balloon Baseball **9:30am** Let's Spell Spring **10:00am** Morning Refresher **10:45am** Fruit Infused Water **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Floral Bottle Paint **3:30pm** Hippy Dance **4:00pm** Musical Balls **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Coro Sing Along **7:00pm** Nighttime Traditions
7 **9:00am** Hoppin to Health **9:30am** Sunday Service **10:00am** Morning Refresher **10:45am** Bacon Cheese Balls **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Creative Storytelling - Outdoor Walk **3:30pm** Inspiration Sundays **4:00pm** Word Works **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Meet Me in the Courtyard **7:00pm** Nighttime Traditions	**8** **9:00am** Dancing in the Rain **9:30am** Spring Vacations **10:00am** Morning Refresher **10:45am** Creative Cooking Committee **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Catholic Communion (AL) **2:00pm** Favorite Things **3:30pm** Sunshine **4:00pm** Parachute Games **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Time for Tea **7:00pm** Nighttime Traditions	**9** **9:00am** Wildflower Tour **9:30am** Yard Sale **10:00am** Morning Refresher **10:45am** Homemade Rolls **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Art Appreciation - Sunflowers **3:30pm** Toe Tapping **4:00pm** Babbling Brook Word Game **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Shake Loose a Memory **7:00pm** Nighttime Traditions	**10** **9:00am** Garden Dancing **9:30am** Roll to 20 **10:00am** Morning Refresher **10:45am** Fruit Infused Water **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **1:30pm** Blanketed in Love (AL) **2:00pm** Sensory Bottle **3:00pm** Feeling Fabulous - Calendar (AL) **3:30pm** Making Music **4:00pm** State Plate Game **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Reminiscing Through Photos **7:00pm** Nighttime Traditions	**11** **9:00am** Golf Club **9:30am** Working with Letters **10:00am** Morning Refresher **10:45am** Chocolate Cookie Cups **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Rain Sticks **3:30pm** Music Trivia **4:00pm** Games We Played as Kids **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Relaxing Puzzle Time **7:00pm** Nighttime Traditions	**12** **9:00am** Somewhere Over The Rainbow Chair Yoga **9:30am** Spring Babies **10:00am** Morning Refresher **10:45am** Veggie Quesadillas **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Spring Swirl Paint **2:30pm** Belmont Market (HC) **3:30pm** Music that Made Movies Famous **4:00pm** Velcro Catch **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Old Time Theater **7:00pm** Nighttime Traditions	**13** **9:00am** Balloon Baseball **9:30am** Let's Spell Spring **10:00am** Morning Refresher **10:45am** Fruit Infused Water **11:30am** Healthy Hands/Lunch Prep **12:45pm** Relax & Recharge **2:00pm** Finger Print Dandelion **3:30pm** Hippy Dance **4:00pm** Musical Balls **4:30pm** Healthy Hands/Dinner Prep **6:00pm** Coro Sing Along **7:00pm** Nighttime Traditions

April 2024

The Oaks at Belmont
Legacy Lane

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 9:00am Hoppin to Health 9:30am Sunday Service 10:00am Morning Refresher 10:45am Pimento Cheese Balls 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Butterfly Feeder 3:30pm Inspiration Sundays 4:00pm Word Works 4:30pm Healthy Hands/Dinner Prep 6:00pm Pling Plong 7:00pm Nighttime Traditions	**15** 9:00am Dancing in the Rain 9:30am Spring Vacations 10:00am Morning Refresher 10:45am Creative Cooking Committee 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Catholic Communion (AL) 2:00pm Tape Design 3:30pm Sunshine 4:00pm Parachute Games 4:30pm Healthy Hands/Dinner Prep 6:00pm Time for Tea 7:00pm Nighttime Traditions	**16** 9:00am Wildflower Tour 9:30am Yard Sale 10:00am Morning Refresher 10:45am Homemade Biscuits 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Ink Dyed Coasters 3:30pm Toe Tapping 4:00pm Babbling Brook Word Game 4:30pm Healthy Hands/Dinner Prep 6:00pm Shake Loose a Memory 7:00pm Nighttime Traditions	**17** 9:00am Garden Dancing 9:30am Roll to 20 10:00am Morning Refresher 10:45am Fruit Infused Water 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Pulled String Art 3:00pm Campus in Color (HC) 3:30pm Making Music 4:00pm State Plate Game 4:30pm Healthy Hands/Dinner Prep 6:00pm Reminiscing Through Photos 7:00pm Nighttime Traditions	**18** 9:00am Golf Club 9:30am Working with Letters 10:00am Morning Refresher 10:45am Cookies and Cream Cookie Cups 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm DIY Seed Bombs 3:30pm Music Trivia 4:00pm Games We Played as Kids 4:30pm Healthy Hands/Dinner Prep 6:00pm Relaxing Puzzle Time 7:00pm Nighttime Traditions	**19** 9:00am Somewhere Over The Rainbow Chair Yoga 9:30am Spring Babies 10:00am Morning Refresher 10:45am Strawberry Peanut Butter Quesadillas 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Ink Blot Psych Paintings 3:30pm Music that Made Movies Famous 4:00pm Velcro Catch 4:30pm Healthy Hands/Dinner Prep 6:00pm Old Time Theater 7:00pm Nighttime Traditions	**20** 9:00am Balloon Baseball 9:30am Let's Spell Spring 10:00am Morning Refresher 10:45am Fruit Infused Water 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Birds of a Feather 3:30pm Hippy Dance 4:00pm Musical Balls 4:30pm Healthy Hands/Dinner Prep 6:00pm Coro Sing Along 7:00pm Nighttime Traditions
21 9:00am Hoppin to Health 9:30am Sunday Service 10:00am Morning Refresher 10:45am Chocolate Chip Cheesecake Ball 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Creative Storytelling - Paper Plane 3:30pm Inspiration Sundays 4:00pm Word Works 4:30pm Healthy Hands/Dinner Prep 6:00pm Meet Me in the Courtyard 7:00pm Nighttime Traditions	**22** 9:00am Dancing in the Rain 9:30am Spring Vacations 10:00am Morning Refresher 10:45am Creative Cooking Committee 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Artful Tree Rubbing 2:00pm Catholic Communion (AL) 3:30pm Sunshine 4:00pm Parachute Games 4:30pm Healthy Hands/Dinner Prep 6:00pm Time for Tea 7:00pm Nighttime Traditions	**23** 9:00am Wildflower Tour 9:30am Yard Sale 10:00am Morning Refresher 10:45am Homemade Rolls 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Art Appreciation - The Scream 3:30pm Toe Tapping 4:00pm Babbling Brook Word Game 4:30pm Healthy Hands/Dinner Prep 6:00pm Shake Loose a Memory 6:30pm Rockford Orchestra (HC) 7:00pm Nighttime Traditions	**24** 9:00am Garden Dancing 9:30am Roll to 20 10:00am Morning Refresher 10:45am Fruit Infused Water 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Spring Posey 3:00pm Feeling Fabulous - Calendar (AL) 3:30pm Making Music 4:00pm State Plate Game 4:30pm Healthy Hands/Dinner Prep 6:00pm Reminiscing Through Photos 7:00pm Nighttime Traditions	**25** 9:00am Golf Club 9:30am Working with Letters 10:00am Morning Refresher 10:45am Dark Chocolate Cookie Cups 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Garden Markers 3:30pm Music Trivia 4:00pm Games We Played as Kids 4:30pm Healthy Hands/Dinner Prep 6:00pm Relaxing Puzzle Time 7:00pm Nighttime Traditions	**26** 9:00am Somewhere Over The Rainbow Chair Yoga 9:30am Spring Babies 10:00am Morning Refresher 10:45am PB and J Smores Quesadillas 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm April Showers Print 3:30pm Music that Made Movies Famous 4:00pm Velcro Catch 4:30pm Healthy Hands/Dinner Prep 6:00pm Old Time Theater 7:00pm Nighttime Traditions	**27** 9:00am Balloon Baseball 9:30am Let's Spell Spring 10:00am Morning Refresher 10:45am Fruit Infused Water 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Rose Curls 3:30pm Hippy Dance 4:00pm Musical Balls 4:30pm Healthy Hands/Dinner Prep 6:00pm Coro Sing Along 7:00pm Nighttime Traditions
28 9:00am Hoppin to Health 9:30am Sunday Service 10:00am Morning Refresher 10:45am Salami Cheese Balls 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Creative Storytelling - Travel 3:30pm Inspiration Sundays 4:00pm Word Works 4:30pm Healthy Hands/Dinner Prep 6:00pm Pling Plong 7:00pm Nighttime Traditions	**29** 9:00am Dancing in the Rain 9:30am Spring Vacations 10:00am Morning Refresher 10:45am Creative Cooking Committee 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Animal Collage 2:00pm Catholic Communion (AL) 3:30pm Sunshine 4:00pm Parachute Games 4:30pm Healthy Hands/Dinner Prep 6:00pm Time for Tea 7:00pm Nighttime Traditions	**30** 9:00am Wildflower Tour 9:30am Yard Sale 10:00am Morning Refresher 10:45am Homemade Biscuits 11:30am Healthy Hands/Lunch Prep 12:45pm Relax & Recharge 2:00pm Art Appreciation - Venice, Twilight 3:30pm Toe Tapping 4:00pm Babbling Brook Word Game 4:30pm Healthy Hands/Dinner Prep 6:00pm Shake Loose a Memory 7:00pm Nighttime Traditions				Artisans Circle of Friends Community Connections Creative Cooking Daily Rhythm Expressive Arts Gathering of Friends Generations Group Games Inspirations Just The Guys Keeping it Sharp/Reminisce Lifelong Learning Mindful Moments Music to My Ears Other Out & About Signature Events Vitality