

SUN	MON	TUE	WED	THUR	FRI	SAT
	<i>April Fool's Day</i> 10:30 Coffee Filter Butterflies (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:00 Chair Yoga! (AR)	10:00 Exercise Group with Melody (AR) 11:00 Bible Reading (AR) 1:30 Chocolate Bingo! (AR) 3:00 Puzzle Painting (AR)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Coffee & Who, What, Where? with Sam! (Ro) 10:30 Lunch Out: Famous Toastery (B) 1:30 Music Through Generations (AR) 3:00 BINGO (AR)	10:00 Walk Group (FC) 10:00 Grief Support Group (AR) 1:30 The First Crusade: Part 3 (AR) 3:00 Ground Floor Sunroom Meeting (AR)	8:30 YMCA (B) 10:30 Latkes (OTK) 1:30 Shop Towers / Hamrick's (B) 2:00 April Craft with Affinity! (AR) 3:00 Movie Matinee (AR)	10:00 Dream Catchers (DWL) 10:20 Exercise with Melody (Channel 1960) 2:00 Memory Jogging (AR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7:00 Instrumental Hymns (Channel 1960) 1:30 Ice Tea & Scones (P) 2:55 Vespers with Communion (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	10:30 Spring Flower Pretzel Bites (DWL) 10:30 Shop Lakeside (B) 1:00 Solar Eclipse Viewing (P) 2:00 Game Fest! (AR) 3:00 Pet Therapy Visits! (Room to Room)	<i>Eid al-Fitr</i> 10:00 Exercise Group with Melody (P) 1:30 Chocolate Bingo! (AR) 3:00 Get Acquainted! Couples (AR)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Hymns with Louise! (VR) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR)	10:00 Grief Support Group (AR) 10:30 20 Questions! (Ro) 2:00 611 Jazz Perform! (VR) 6:00 The History of Radio with Big Ben Hillman (Channel 1960)	8:30 YMCA (B) 10:30 How to Series: Lava Lamp (AR) 11:15 Lunch Out: Village Grill (B) 1:30 Air Hockey (AR) 3:00 Movie Matinee (AR)	10:00 When Whales Could Walk Documentary (Channel 1960) 10:20 Exercise with Melody (Channel 1960) 2:00 April Jeopardy! (AR) 2:30 Suzanne & Angel in the Salon! (Beauty Shop) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7:00 Instrumental Hymns (Channel 1960) 1:45 Armchair Travels: Scottish Highlands (Ro) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960) 4:00 Name That Tune with Suzanne! (DWL)	<i>Tax Day</i> 10:00 Manicures! (AR) 10:30 Shop Lakeside (B) 2:00 April Birthday Party! (VR) 3:00 Pet Therapy Visits! (Room to Room)	<i>HB Phyllis Hosfeld</i> 10:00 Exercise Group with Melody (AR) 10:00 Mending Ladies (From Home) 11:00 Bible Reading (AR) 1:30 Chocolate Bingo! (AR) 2:30 WSLS Channel 10 Studio Tour (B)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Green Garden (Maple Tree Sunroom) 1:30 Playing Hearts! (AR) 1:30 Resident Choice Game (AR) 3:00 BINGO (AR)	10:00 Grief Support Group (AR) 10:30 Charades! (Ro) 1:30 20th Century Art (AR) 3:00 Happy Hour (Ro) 3:30 Independent Living Meeting (AR)	8:30 YMCA (B) 10:30 Social Drumming! (AR) 2:00 Roanoke Antique Mall (B) 3:00 Water Balloon Toss (P)	10:00 Playing Skip-Bo! (AR) 10:20 Exercise with Melody (Channel 1960) 1:30 Movie Matinee (AR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7:00 Instrumental Hymns (Channel 1960) 1:30 Thumper! (Ro) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	<i>Passover Earth Day</i> 10:30 Homemade Bird Feeders (AR) 1:30 Shop Lakeside (B) 2:00 Sound Immersion Program (AR) 3:00 Pet Therapy Visits! (Room to Room)	<i>HB Barbara Nash</i> 10:00 Exercise Group with Melody (AR) 1:30 Chocolate Bingo! (AR) 1:30 Earth Day Cookies (DWL) 4:15 Dinner Out: MAC & BOB'S (B)	9:45 Updates & Tidbits (Channel 1960) 10:30 Hymns with Louise! (VR) 10:30 Food Suggestion Meeting (AR) 11:45 Windsor Hills UMC Senior Luncheon (B) 1:30 Sing with Tom Adams (VR) 3:00 BINGO (AR)	10:00 Walk Group (FC) 10:00 Grief Support Group (AR) 1:30 A Little Time Outside (P) 3:00 Caroloa Chorus	<i>HB Mary John</i> 8:30 YMCA (B) 10:30 Print Potatoes (DWL) 1:30 Green Garden (Maple Tree Sunroom) 3:00 Movie Matinee (AR)	10:00 Hermitage Helping the Hungry (FR) 10:20 Exercise with Melody (Channel 1960) 2:00 Memory Jogging (AR) 2:30 Suzanne & Angel in the Salon! (Beauty Shop) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7:00 Instrumental Hymns (Channel 1960) 1:30 Blitz Card Game! (AR) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960) 4:00 Name That Tune with Suzanne! (DWL)	<i>HB Suzanne Mortlock</i> 10:30 Book Club with Crystal! (Library) 1:30 Shop Lakeside (B) 2:00 (IL) Ladies Tea! (VR) 2:00 (IL) Men's Coffee Club (Virginia Room) 2:00 Game Fest! (AR) 3:00 Pet Therapy Visits! (Room to Room)	10:30 Chocolate Bingo! (AR) 1:30 Farewell Party for Crystal! (AR) 3:00 Trip to Melrose Library (B) 4:15 Dinner Out: Food Fanatics (B)	Types of Activities offered NA-Natural world SO-Social CO-Cognitive	OU-Outdoor PR-Productive SE-Sensory RE-Reflective Ph-Physical	LOCATION KEY AR - Assembly Room B - Bus DWL - Dogwood Lane FR - Florida Room FC - Front Canopy FC - GMUMC BUS	OTK - Oak Tree Kitchen P - PATIO Ro - Rotunda VR - Virginia Room

April 2024
Independent Living

HERMITAGE
ROANOKE

