

# APRIL 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PL</b> - 7th Floor Pool Lounge <b>B</b> - Bistro <b>GA</b> - Garden Room <b>GR</b> - Great Room <b>JK</b> - Josephine's Kitchen <b>TH</b> - Town Hall</p>	<p><b>1</b> <b>April Fools' Day</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Belmont Balance <b>TH</b> 10:30 Brain Games <b>TH</b> 2:00 Yoga with Heidi <b>PL</b> 3:00 Monday Bridge <b>JK</b> 5:00 Music with dinner- Thiago on piano</p>	<p><b>2</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Muscle Matters <b>PL</b> 10:30 <b>Catholic Communion</b> <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 Boot Camp <b>TH</b> 3:00 Chef Chat!</p>	<p><b>3</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Stretch <b>TH</b> 10:30 Wordle! <b>TH</b> 2:00 Yoga with Heidi <b>TH</b> 3:00 <b>Current Events with Randy Mayeaux</b> <b>PL</b> 3:00 Wednesday Bridge</p>	<p><b>4</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Cardio <b>TH</b> 10:30 Art Class with Reena <b>PL</b> 10:30 <b>Spanish 101 with Viri</b> <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 Boot Camp <b>GR</b> 3:00 <b>Happy Hour- Carolyn Jones</b></p>	<p><b>5</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Core &amp; Stability <b>TH</b> 10:30 <b>Poetry, Etc. with Lauren LeBlanc</b> <b>TH</b> 2:00 Stretch with Heidi <b>PL</b> 4:00 <b>Rosary Prayers</b></p>	<p><b>6</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>PL</b> 9:00 AquaFit with the YMCA 10:00 Walgreens/ Kroger <b>TH</b> 10:30 Wordle! <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 <b>TRENDING: Weekly Discussion Group</b></p>
<p><b>7</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM 10:00 Online Church Services- TBD (SR) <b>TH</b> 3:00 Bingo with Young Men's Service League</p>	<p><b>8</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Belmont Balance <b>TH</b> 10:30 Brain Games 1:00 <b>A Shot in the Dark- Total Eclipse (Turtle Creek Park)</b> <b>TH</b> 2:00 Yoga with Heidi <b>PL</b> 3:00 Monday Bridge <b>JK</b> 5:00 Music with dinner- Thiago on piano</p>	<p><b>9</b> <b>Eid al-Fitr</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Muscle Matters <b>PL</b> 10:30 <b>Caregiver Support Group- Led by Michalyn R.</b> <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 Boot Camp <b>TH</b> 4:00 <b>New Resident &amp; Family Orientation</b></p>	<p><b>10</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Stretch 10:00 <b>Bluebonnet Trails (Ennis, TX)</b> 10:30 <b>Catholic Mass with Holy Trinity- Screening Room</b> <b>TH</b> 10:30 Wordle! <b>TH</b> 2:00 Yoga with Heidi <b>PL</b> 3:00 Wednesday Bridge <b>GA</b> 3:30 <b>Total Hearing Care Services</b></p>	<p><b>11</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Cardio <b>TH</b> 10:30 Art Class with Reena <b>PL</b> 10:30 <b>Spanish 101 with Viri</b> <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 Boot Camp <b>GR</b> 3:00 <b>Happy Hour- Dave Washburn</b></p>	<p><b>12</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Core &amp; Stability <b>TH</b> 10:30 <b>Big Beats Music &amp; Movement with Carolyn Dobson</b> <b>TH</b> 2:00 Stretch with Heidi <b>TH</b> 3:00 <b>Spring Craft Corner</b></p>	<p><b>13</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>PL</b> 9:00 AquaFit with the YMCA 10:00 Walgreens/ Kroger <b>TH</b> 10:30 Wordle! <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 <b>TRENDING: Weekly Discussion Group</b></p>
<p><b>14</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM 10:00 Online Church Services- TBD (SR) <b>TH</b> 3:00 Bingo with Young Men's Service League <b>GR</b> 4:00 <b>Live Worship Service- Park Cities Baptist</b></p>	<p><b>15</b> <b>Tax Day</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Belmont Balance <b>TH</b> 10:30 Brain Games <b>TH</b> 2:00 Yoga with Heidi <b>PL</b> 3:00 Monday Bridge <b>TH</b> 3:00 <b>Voting Information- League of Women Voters</b> <b>JK</b> 5:00 Music with dinner- Thiago on piano</p>	<p><b>16</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Muscle Matters <b>PL</b> 10:30 <b>Catholic Communion</b> <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 Boot Camp <b>TH</b> 3:30 <b>Elder Frauds, Scams and Financial Exploitation with the Senior Source</b></p>	<p><b>17</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Stretch <b>TH</b> 10:30 Wordle! <b>TH</b> 1:00 <b>HPH Edu. Series: You and your Home- A Perfect Fit!</b> <b>TH</b> 2:00 Yoga with Heidi <b>TH</b> 3:00 <b>Current Events- Randy Mayeaux</b> <b>PL</b> 3:00 Wednesday Bridge</p>	<p><b>18</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Cardio <b>TH</b> 10:30 Art Class with Reena <b>PL</b> 10:30 <b>Spanish 101 with Viri</b> <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 Boot Camp- Andy Corridori <b>GR</b> 3:00 <b>Happy Hour</b></p>	<p><b>19</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>TH</b> 9:30 Core &amp; Stability <b>TH</b> 10:30 <b>Poetry, Etc. with Lauren LeBlanc</b> <b>TH</b> 11:30 <b>Volunteer Luncheon- RSVP</b> <b>TH</b> 2:00 Stretch with Heidi</p>	<p><b>20</b></p> <p>DAILY MOVIES 3:15 and 7:15 PM <b>PL</b> 9:00 AquaFit with the YMCA 10:00 Walgreens/ Kroger <b>TH</b> 10:30 Wordle! <b>B</b> 1:00 Bistro Games <b>TH</b> 2:00 <b>TRENDING: Weekly Discussion Group</b></p>

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
21	DAILY MOVIES 3:15 and 7:15 PM 10:00 Online Church Services- TBD (SR) TH 3:00 Bingo with Young Men's Service League	22	Passover Begins DAILY MOVIES 3:15 and 7:15 PM TH 9:30 Belmont Balance TH 10:30 Brain Games TH 2:00 Yoga with Heidi PL 3:00 Monday Bridge JK 5:00 Music with dinner- Thiago on piano	23	DAILY MOVIES 3:15 and 7:15 PM TH 9:30 Muscle Matters B 1:00 Bistro Games TH 2:00 Boot Camp	24	DAILY MOVIES 3:15 and 7:15 PM TH 9:30 Stretch TH 10:30 Wordle! TH 2:00 Yoga with Heidi PL 3:00 Wednesday Bridge	25	DAILY MOVIES 3:15 and 7:15 PM TH 9:30 Cardio TH 10:30 Art Class with Reena PL 10:30 Spanish 101 with Viri GR 11:00 Texas Winds: Bluebonnet Duo TH 2:00 Boot Camp GR 3:00 Happy Hour- Rhonda Medina	26	DAILY MOVIES 3:15 and 7:15 PM TH 9:30 Core & Stability GR 10:30 Piano performance by Gustavo JK 11:30 April Birthday Lunch- RSVP TH 2:00 Stretch with Heidi	27	DAILY MOVIES 3:15 and 7:15 PM PL 9:00 AquaFit with the YMCA 10:00 Walgreens/ Kroger TH 10:30 Wordle! B 1:00 Bistro Games TH 2:00 TRENDING: Weekly Discussion Group
28	DAILY MOVIES 3:15 and 7:15 PM 10:00 Online Church Services- TBD (SR) TH 3:00 Bingo with Young Men's Service League GR 4:00 Live Worship Service- First Baptist Dallas	29	DAILY MOVIES 3:15 and 7:15 PM TH 9:30 Belmont Balance TH 10:30 Brain Games TH 2:00 Yoga with Heidi PL 3:00 Monday Bridge JK 5:00 Music with dinner- Thiago on piano	30	DAILY MOVIES 3:15 and 7:15 PM TH 9:30 Muscle Matters TH 10:30 "Architecturally Significant Houses in Dallas" with Jann Mackey B 1:00 Bistro Games TH 2:00 Boot Camp TH 4:00 Resident Council- All residents Invited!								