

APRIL 2018

Meadow Brook Senior Living: Memory Care

BE CONNECTED *to a Healing World*

Did you know?

*One million sea birds and 100,000 marine mammals
are killed annually from plastic in our oceans.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter 9:30 Morning Group Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:00 Spa Day & a Movie 3:00 B3 Smoothies 3:30 Table Puzzles 6:00 Evening Movie/Free Time	2 9:30 Morning Group Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Grief Support Group S 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Name that Tune 6:00 Evening Movie/Free Time	3 9:30 Morning Group Meeting 10:00 SpectraFit: w/ Paradigm 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Music & Birthday Party with Paradigm 3:30 Creative Arts: Art/Puzzles 6:00 Evening Movie/Free Time	4 9:30 Morning Group Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Finish the Phrase 3:00 Bus Ride 3:00 B3 Smoothies 3:30 SpectraFun: Balloon Volleyball 6:00 Evening Movie/Free Time	5 9:30 Morning Group Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Name that Tune 6:00 Evening Movie/Free Time	6 9:30 Morning Group Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Culinary Experiences 3:00 B3 Smoothies 3:30 Fun Friday 6:00 Evening Movie/Free Time	7 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:30 Spa Day & a Movie 3:30 Afternoon Chat 6:00 Evening Movie/Free Time
8 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:00 Spa Day & a Movie 3:00 B3 Smoothies 3:30 Table Puzzles 6:00 Evening Movie/Free Time	9 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Name that Tune 6:00 Evening Movie/Free Time	10 9:30 Morning Meeting 10:00 SpectraFit: w/ Paradigm 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 11:30 R.O.M.E.O. Lunch C 12:30 Rest & Refresh Time 2:00 Bunco 3:00 B3 Smoothies 3:30 Creative Arts: Art/Puzzles 6:00 Evening Movie/Free Time	11 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Finish the Phrase 3:00 B3 Smoothies 3:30 SpectraFun: Balloon Volleyball 6:00 Evening Movie/Free Time	12 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Name that Tune 6:00 Evening Movie/Free Time	13 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Music with Bill Roth 3:00 B3 Smoothies 3:30 Fun Friday 6:00 Evening Movie/Free Time	14 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:30 Spa Day & a Movie 3:30 Afternoon Chat 6:00 Spectrum Steppers
15 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:00 Spa Day & a Movie 3:00 B3 Smoothies 3:30 Table Puzzles 6:00 Evening Movie	16 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 Slammer Jazz-B 3:00 B3 Smoothies 3:30 Name that Tune 6:00 Evening Movie	17 Tax Day 9:30 Morning Meeting 10:00 SpectraFit: w/ Paradigm 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bunco 3:00 B3 Smoothies 3:30 Creative Arts: Art/Puzzles 6:00 Spectrum Steppers	18 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Finish the Phrase 3:00 B3 Smoothies 3:30 SpectraFun: Balloon Volleyball 6:00 Spectrum Steppers 6:30 Evening Movie	19 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Name that Tune 6:00 Spectrum Steppers 6:30 Evening Movie	20 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Culinary Experiences 3:00 Music with Dave Posey 3:30 Fun Friday 6:00 Spectrum Steppers 6:30 Evening Movie	21 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:30 Spa Day & a Movie 3:30 Afternoon Chat 6:00 Spectrum Steppers 6:30 Evening Movie

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Earth Day 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:00 Spa Day & a Movie 3:00 B3 Smoothies 3:30 Table Puzzles 6:00 Spectrum Steppers 6:30 Evening Movie	23 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Name that Tune 6:00 Spectrum Steppers 6:30 Evening Movie	24 9:30 Morning Meeting 10:00 SpectraFit: w/ Paradigm 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 11:30 J.U.L.I.E.T. Luncheon C 12:30 Rest & Refresh Time 2:00 Bunco 3:00 B3 Smoothies 3:30 Creative Arts: Art/Puzzles 6:00 Spectrum Steppers	25 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Finish the Phrase 3:00 B3 Smoothies 3:30 SpectraFun: Balloon Volleyball 6:00 Spectrum Steppers 6:30 Evening Movie	26 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Music by Jennifer Johnson 4:30 Dinner in Color 6:00 Spectrum Steppers 6:30 Evening Movie	27 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Culinary Experiences 3:00 B3 Smoothies 3:30 Fun Friday 6:00 Spectrum Steppers 6:30 Evening Movie	28 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:30 Spa Day & a Movie 3:30 Afternoon Chat 6:00 Spectrum Steppers 6:30 Evening Movie
29 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:00 Spa Day & a Movie 3:00 B3 Smoothies 3:30 Table Puzzles 6:00 Spectrum Steppers 6:30 Evening Movie	30 9:30 Morning Meeting 10:00 SpectraFit: Exercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Name that Tune 6:00 Spectrum Steppers 6:30 Evening Movie	- Be Connected - Be Expressive - Be Healthy - Be Involved - Be Social - Be Spiritual	*ALL ACTIVITIES ARE SUBJECT TO CHANGE*	*ALL OUTINGS ARE WEATHER PERMITTING*		

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