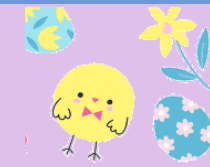




April 2023



The Village of
East Harbor
A SENIOR LIVING COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Bingo (AR) 1:30 Movie & Popcorn(CM) SATURDAY MATINEE
2 11:00 Chapel Service (CH) 2:00 Scripture Study (CH) 	3 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 11:30 Women's Lunch(LB) 1:30 Candy Making (AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR) 6:00 Games (HI) 	4 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:00 Bid Euchre Class(HI) 10:45 Catholic Service(CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 2:30 Scripture Study (CH) 2:30 Monopoly (AR) 3:00 Bldg & Grnd Mtg (KH) 6:00 Euchre/Pinochle (HI) 	5 9:00 Stretch & Relax (HWC) 9:30 Croissant Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 2:30 BibleTrivia/Games (CH) 3:00 Culinary Comm (RT) 6:00 Bridge/Cards (AR) 	6  1:30 F& F (CH) 6:00 Parkinson's Support Group (RT) 6:00 Euchre/Pinochle (AR)	7 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 12:00-3 Quiet Meditation(CH) 	8 9:30 Bingo (AR) 1:30 Movie & Popcorn(CM) 
9 11:00 Chapel Service (CH) 	10 9:00 Exercise on own 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Show & Tell (AR) 1:30 Exercise on own 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR) 6:00 Games (HI) 7:00 Spring Concert (CH) 	11 9:00 Aldi (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:00 Bid Euchre Class (HI) 10:45 Catholic Mass (CH) 11:30 Strength Circuit (FC) 1:30 Resident Assoc. (RT) 6:00 Euchre/Pinochle (HI)	12 9:00 Stretch & Relax (HWC) 9:30 Cookie Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Brain Fitness (RT) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) 	13 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:00 Brownies & Bingo (HI) 1:30 Cardio&Coord (HWC) 3:00 Knit/Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	14 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 11:30 Garden Club (AR) 1:30 Happy Hour & Balloon Volleyball (AR) 	15 9:30 Bingo (AR) 1:30 Movie & Popcorn(CM)

