



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Please see weekly calendar by Front Desk on Ground Floor for changes and updates. All Activities are subject to change.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>5 Easter Sunday</b> 9:30 Protestant Easter-Service-SNF Chapel/Channel 23.1 10:30 Catholic Easter Mass-Towers Chapel/Ch. 19.1</p>			<p><b>1 April Fools' Day</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 10-12 Rochester Athletic Club-Lobby 1:30 Bingo-2nd Floor Activity Room 1:45 Grocery Trip to Target North-Lobby 2:00-4:30 500 Card Game-Rochester Room 2:30 April Jeopardy-Auditorium</p>	<p><b>2 Holy Thursday</b> 9:00-11:00 Assisted Living Manicures-2nd Floor Activity Room 9:30 HASfit TV Exercises-Ch. 11.1 10:00 Hot Cross Bun Coffee Social-Hobby Room 10:30 Common Thread-Lobby 1:00 Bridge Group-Hobby Room 2:00-2:30 Trivia-2nd Floor Activity Room 4:00 Dementia Caregiver Support Group-Auditorium</p>	<p><b>3 Good Friday</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 10:45 Fitness Equipment Orientation 11:00 Bingo—Auditorium 2:00 Learn Dice Game Farkle!-Hobby Room 3:30 Wellness Visits</p>	<p><b>4 Bye Bye Birdie Day Anniversary of film-1963</b> 9:30 HASfit TV Exercises-Channel 11.1 1:00 Matinee: "Bye, Bye, Birdie"-Auditorium</p>
<p><b>6</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 1:00 Matinee: "HOP"-Auditorium 1:30 8th &amp; 9th Floor Gathering-Rochester Room 3:30 Wellness Visits</p>	<p><b>7</b> 9:30 HASfit TV Exercises-Channel 11.1 9:45 Men's Breakfast Outing to Five West Kitchen &amp; Bar-meet in Lobby 1:00 Resident Council-Hobby Room 2:30 AARP Presentation on Fraud-Auditorium</p>	<p><b>8</b> 10:00-12:00 Rochester Athletic Club-Lobby 1:30 Bingo-2nd Floor Activity Room 1:45 Grocery Trip to Hy-Vee on 37th Street-Lobby 2:00-4:00 Hand Massages-Fireside Rm. 2:00-4:30 500 Card Game-Rochester Rm 3:30 Strength &amp; Balance Exercise Class-Auditorium 7:00 Live Big Band Music with the Notochords-Auditorium</p>	<p><b>9</b> 9:00-11:00 Assisted Living Manicures-2nd Floor Activity Room 9:30 HASfit TV Exercises-Ch. 11.1 10:00 Gentle Yoga—Rochester Room 10:00 Let's Play Pool-Lower Level 10:30 Common Thread-Lobby 1:00 Bridge Group-Hobby Room 2:00-2:30 Gift of Gab Group-2nd Floor Activity Room 3:00-4:30 Happy Hour-Rochester Room</p>	<p><b>10</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 11:00 Bingo—Auditorium</p>	<p><b>11</b> 9:30 HASfit TV Exercises-Channel 11.1 1:00 Matinee: "Capturing Grace"-Auditorium</p>	
<p><b>12</b> 9:30 Protestant Service-SNF Chapel/Channel 23.1 10:30 Catholic Mass with Father Reker-Towers Chapel/Ch. 19.1</p>	<p><b>13</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 1:00 Matinee: "The Ultimate Gift"-Auditorium 1:30 10th &amp; 11th Floor Gathering-Rochester Room 3:30 Wellness Visits</p>	<p><b>14</b> 9:30 HASfit TV Exercises-Channel 11.1 10:30 Town Hall Meeting-Auditorium &amp; Channel 73.1 1:00 Library Committee Meeting—Hobby Room 3:00 Comedy Hour-Fireside Room</p>	<p><b>15</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 10:00-12:00 Rochester Athletic Club-Lobby 1:30 Bingo-2nd Floor Activity Room 1:45 Grocery Trip to Natural Grocers-Lobby 2:00-4:00 Hand Massages-Fireside Rm 2:00-4:30 500 Card Game-Rochester Rm 2:30 Spring Quilling Craft-Hobby Room</p>	<p><b>16</b> 9:00-11:00 Assisted Living Manicures-2nd Floor Activity Room 9:30 HASfit TV Exercises-Ch. 11.1 10:00 Gentle Yoga—Rochester Room 10:00 Celebrating Brother's &amp; Sister's-Fireside Room 10:30 Common Thread-Lobby 1:00 Live Music with Les Sesse— Auditorium 1:00 Bridge Group-Hobby Room 2:00-2:30 Trivia-2nd Floor Activity Room 3:00-4:30 Happy Hour-Rochester Room</p>	<p><b>17</b> 10:00 Strength &amp; Balance Exercise Class—Auditorium 11:00 Bingo—Auditorium 12:30 Ladies Outing to Polished Nail Salon-Lobby 3:30 Wellness Visits</p>	<p><b>18</b> 9:30 HASfit TV Exercises-Channel 11.1 1:00 Matinee: "The Natural"-Auditorium</p>
<p><b>19 National Volunteer Week</b> 9:30 Protestant Service-SNF Chapel/Channel 23.1 10:30 Catholic Mass-Towers Chapel/Ch. 19.1</p>	<p><b>20</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 1:00 Matinee: "The Soloist"-Auditorium 1:30 Independent Living Manicures-Hobby Room 3:30 Wellness Visits</p>	<p><b>21</b> 9:30 HASfit TV Exercises-Channel 11.1 10:00 Wii Bowling-Lower Level Family Room 10:30 "What's for Dinner" Meeting-Dining Room 2:00 April Birthday Party with Live Music by Everett &amp; Vickie Schulz-Auditorium</p>	<p><b>22 Earth Day</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 10:00-12:00 Rochester Athletic Club-Lobby 1:00 Volunteer Recognition-Rochester Room 1:30-2:30 Bingo-2nd Floor Activity Room 1:45 Grocery Trip to Hy-Vee on 37th Street-Lobby 2:00-4:00 Hand Massages-Fireside Room 2:00-4:30 500 Card Game-Rochester</p>	<p><b>23</b> 9:00-11:00 Assisted Living Manicures-2nd Floor Activity Room 9:30 HASfit TV Exercises-Ch. 11.1 10:00 Gentle Yoga—Rochester Room 10:30 Common Thread-Lobby 11:30 Chinese Luncheon-Rochester Room 1:00 Bridge Group-Hobby Room 1:30-2:30 Assisted Living Spring Celebration 2nd Floor Activity Room 3:00-4:30 Happy Hour-Rochester Room</p>	<p><b>24 Arbor Day</b> 10:00 Strength &amp; Balance Exercise Class—Auditorium 11:00 Bingo—Auditorium 1:30 Muscle Loss &amp; Healthy Aging for your Body &amp; Brain Presentation-Auditorium</p>	<p><b>25</b> 9:30 HASfit TV Exercises-Channel 11.1 10:00 Morning Matinee "Nature-Earth"-Auditorium 1:30 Live Spring Piano Duet Music by Dr. Neil &amp; Rev. Paul Walker-Auditorium</p>
<p><b>26</b> 9:30 Protestant Service-SNF Chapel/Channel 23.1 10:30 Catholic Mass-Towers Chapel/Ch. 19.1</p>	<p><b>27</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 12:30 Matinee: "Little Women"-Aud. 1:30 Cottage Gathering-Hobby Rm. 3:00 Presentation on Support Through Every Stage: The Difference Between Home Health and Hospice by Aveanna Healthcare &amp; Moments Hospice-Auditorium</p>	<p><b>28</b> 9:30 HASfit TV Exercises-Channel 11.1 10:00 Garden Club Gathering-Fireside Room 2:00 Live Music with Bob Bovee-Auditorium 3:30 Wellness Visits</p>	<p><b>29</b> 10:00 Strength &amp; Balance Exercise Class-Auditorium 10:00-12:00 Rochester Athletic Club-Lobby 1:30 Bingo-2nd Floor Activity Room 1:45 Grocery Trip to Walmart North-Lobby 2:00-4:30 500 Card Game-Rochester Room 2:30 Spring Walking Tour-Fitness Center</p>	<p><b>30</b> 9:00-11:00 Assisted Living Manicures-2nd Floor Activity Room 9:30 HASfit TV Exercises-Ch. 11.1 10:00 Gentle Yoga—Rochester Room 10:00 Health Awareness Conversations-Hobby Room 10:30 Common Thread-Lobby 1:00 Bridge Group-Hobby Room 2:00-2:30 Trivia-2nd Floor Activity Room 3:00-4:30 Happy Hour-Rochester Room</p>	<p><b>Thank you for spending time with us in April! Look for your May Calendar arriving soon. You can sign-up for activities and events in the white Wellness Binder located in the Lobby area. Please contact Lori your Wellness Assistant with any questions you have at (507) 289-6807.</b></p>	