*IL Activities for the Week of*

April 25th-May 1st 2022

*Schedule is subject to change at any time*

You must sign-up for any Activity with an \*

Mon. April 25th

9:00 AM Chair Exercises-TV Ch. 718

9:00 AM Coffee Group-Rec. Rm.

10:30 AM Pool Aerobics-Pool

11:00 AM Water Volleyball-Pool

1:00 PM Bible Study-Library

2:00 PM Cognitive Fitness-Library

3:00 PM Bingo-Cafe

6:00 PM Card Playing-Library

7:00 PM Billiards-3rd floor SV Billiard’s Rm.

Tues. April 26th

8:30 AM \*Bus Trip to Rocky Gap Casino

9:00 AM Upbeat Morning Music-TV Ch. 718

9:30 AM Cardio, Weights & Bands-LGR

10:00 AM Flower Pot/Planter Ideas-Rec. Rm.

10:15 AM Yoga-LGR

11:00 AM Chair Exercises-LGR

11:30 AM Gentle Stretching-LGR

2:00 PM Painted Pinecone Craft-Rec. Rm

3:30 PM Chair Exercises-TV Ch. 718

Wed. April 27th

9:00 AM Chair Exercises-TV Ch. 718

9:30 AM \*Grocery Shopping-Walmart

10:30 AM Pool Aerobics-Pool

11:00 AM Water Volleyball-Pool

1:00 PM \*Prelude Technology Presentation-“Password Tips”-GCC

2:00 PM Nutrition-Library

3:00 PM Grief Support Mtg-Library

6:00 PM Movie “Mr. Church”-TV CH. 718

****Thur. April 28st

9:30 AM \*IL Breakfast w/Robin-GCC

1:00 PM Scrabble-2nd floor lounge SV

2:00 PM Alzheimer’s Support Group-EACC

2:00 PM Catholic Mass-Chapel

3:30 PM Chair Exercises-TV Ch. 718

3:30 PM Choir Practice-Chapel

6:30 PM Pinochle-Café

7:00 PM Billiards-3rd floor SV Billiard’s Rm

Fri. April 29th

8:30 AM \*Massages by Ashley-SV

9:00 AM Chair Exercises-TV Ch. 718

10:00 AM Movie “Trouble with the Curve”-LGR

10:30 AM Pool Aerobics-Pool

11:00 AM Water Volleyball-Pool

2:00 PM Flower Planting Presentation by Roots In The Cove-GCC

**4:00 PM \*Terrace Hour-Café

6:00 PM Card Playing-Library

7:00 PM Billiards -3rd floor SV Billiard’s Rm.



Sat. April 30th

10:00 AM Table Tennis-LGR

10:00 AM “Busy Fingers”-Great Room

3:00 PM 15 min Stretching-Ch. 718

3:00 PM Card Playing-Library

Sun. May 1st

10:30 AM Church Services-Chapel

3:00 PM 15 min. Stretching-Ch. 718

3:00 PM Card Playing-Library

*\*\*See TV Ch. 718 for upcoming events\*\**