

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Legend: B– Ballroom BC-Business Center C- Chapel CA– Creative Arts Studio CD– Cambridge Dining Room CH– Clubhouse CL– Crossing Lobby CP– Cambridge Patio FC– Fitness Center</div> <div>GR-Game Room LR– Linden Room M– Mezzanine ML– Media Lounge PC- Pickleball Court RH– Rhineland Hall S– Sagewood T-Theatre VIS– Village Information Station WC– Wellness Classroom</div>				1 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 11:00am Acrylic Painting, CA-s/u 11:15am Seated Dance, WC 1:00pm Christian Movie, VIS 2:30pm Stations of the Cross, S 5:00pm Moment of Meditation, VIS 6:45pm Bingo, B	2 9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B
3 9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge	4 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Tai Chi, WC 10:00am Train Club Mtg, RH 10:00am Village Hymn Sing, C and VIS 10:00-12:00pm VST Balance Assessments, WG-s/u 11:00am Bunco, M-s/u 11:00am Spanish Lesson, RH 11:15am Seated Strength, WC 1:30pm Balance Class, WC 1:30pm FV Singers, B 1:30pm Men’s Bible Study and Prayer, LR 3:00pm Wash U Fall Prevention Presentation, B 6:30pm Entertainment: <i>Tango</i> , B 6:30pm Rosary, S	5 8:30am Yoga w/Christy, WC 8:45am Water Aerobics, P 9:00am Balance DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 10:00am Balance Class, WC 10:00am Moment of Meditation, VIS 10:00am Resident Council Meeting, RH 11:00am Cruise Week Dancing, WC 11:00am Posture/Stability, B 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Midday Matinee: <i>Captain Phillips</i> , T-s/u 2:15pm Seated Strength, WC 2:30pm Irish Presentation w/ Hillary Peppers, RH 5:00pm Moment of Meditation, VIS 6:45pm Irish Dancers, B	6 9:00am Cardio Kickboxing, WC 9:00am Chair Exercise DVD, VIS 10:00am Care for Caregivers, RH 10:00am Quilting Group, Quilt Room 10:15am Cardio Drumming, WC 11:00am Seated Strength, B 11:15am Stretch and Meditation, WC 12:30pm Rosary, C 1:00-2:00pm Blood Pressure Clinic, CR 1:00pm Brain Fitness, RH 1:00-3:00pm VST Balance Assessments, WG 1:30pm Core and Cardio, WC 2:00pm Sojourner’s Circle, LR 2:00pm Water Volleyball, P	7 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Bocce, Bocce Court 9:00am Low Impact DVD, VIS 10:00am Life Stories with Eleanor, LR 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, B 11:00am Documentary: <i>The Royal Family</i> , RH 1:00pm Parkinson’s Class, WC 1:30pm Cruise Trivia Game, RH 2:00pm Chapel Choir, C 2:15pm Cruise Week Dancing, WC	8 8:45am Water Aerobics, P 9:00am-3:00pm Tour de Friendship Village! 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Paint and Sip, Pavillion-s/u 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 11:15am Seated Dance, WC 1:00pm Christian Movie, VIS 1:30pm Midday Matinee: <i>Captain Phillips</i> , T-s/u 2:30pm Stations of the Cross, S 5:00-7:00pm Captain’s Dinner, B-s/u 5:00pm Moment of Meditation, VIS	9 9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 1:30-2:45pm Confessions, Sister Carol Jean’s Office 3:00pm Catholic Mass, C and VIS
10 9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge	11 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Ponytail Canasta, M-s/u 10:00am Tai Chi, WC 10:00am Village Hymn Sing, C and VIS 10:00am-12:00pm VST Assessments, WG-s/u 11:00am Spanish Lessons, RH 11:15am Seated Strength, WC 12:30pm Drawing Class, CA-s/u 1:30pm Balance Class, WC 1:30pm FV Singers, B 1:30pm Men’s Bible Study and Prayer, C 2:30pm Facilities Committee Meeting, LR 6:30pm Rosary, S	12 8:30am Yoga w/Christy, WC 8:45am Water Aerobics, P 9:00am Balance DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 9:30am Chime Choir, B 10:00am Balance Class, WC 10:00am Moment of Meditation, VIS 11:00am Posture and Stability, B 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Family Feud, RH 2:15pm Seated Strength, WC 5:00pm Moment of Meditation, VIS 5:30pm Birthday Dinner, Devonshire DR-s/u	13 9:00am Cardio Kickboxing, WC 9:00am Chair Exercise DVD, VIS 10:00am Quilting Group, Quilt Room 10:00am Resident Care Committee Meeting, LR 10:15am Cardio Drumming, WC 11:00am Art w/ Mary, CA-s/u 11:00am Seated Strength, B 11:15am Stretch and Meditation, WC 12:30pm Rosary, C 1:00-3:00pm VST Balance Assessments, WG-s/u 1:30pm Core and Cardio, WC 2:00pm Grounds Committee Meeting, LR 5:00pm Water Volleyball, P 2:30pm Pastoral Care Committee, C	14 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Bocce, Bocce Court 9:00am Low Impact DVD, VIS 10:00am Life Stories with Eleanor, LR 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, B 1:00pm Parkinson’s Class, WC 1:00pm Welcome Committee, Mktg Suite 2:00pm Chapel Choir, C 2:15pm Irish Line Dancing, WC	15 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Serial: Day of Thrills &Adventure, RH-s/u 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 11:00am Acrylic Painting, CA-s/u 11:00am Activity Committee, GR 11:15am Seated Dance, WC 1:00pm Christian Movie, VIS 2:30pm Stations of the Cross, S 5:00pm Moment of Meditation, VIS 6:45pm Bingo, B	16 9:00am Exercise DVD, VIS 11:00am Shine Bright Dance, B 12:30pm Midday Matinee: T-s/u <i>The Trip to Bountiful</i> 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B
17 9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 3:15pm John Ford Highland Pipe Band, B 6:30pm Trivial Pursuit, Evergreen Lounge	18 9:00am-3:00pm St. Pat’s Scavenger Hunt 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Liverpool Rummy/Spades, M-s/u 10:00am Tai Chi, WC 10:00am Village Hymn Sing, C and VIS 10:00am-12:00pm VST Assessments, WG-s/u 11:00am Spanish Lesson, RH 11:15am Seated Strength, WC 1:30pm Balance Class, WC 1:30pm FV Singers, B 1:30pm Men’s Bible Study and Prayer, LR 3:00pm Wash U Fall Prevention Presentation, B 6:30pm Rosary, S	19 8:30am Yoga w/Christy, WC 8:45am Water Aerobics, P 9:00am Balance DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 10:00am Balance Class, WC 10:00am Easter Baskets, CA-s/u 10:00am Moment of Meditation, VIS 11:00am Posture and Stability, B 1:00pm Easter Baskets, CA-s/u 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Midday Matinee: <i>Apollo 13</i> , T-s/u 2:15pm Seated Strength, WC 5:00pm Moment of Meditation, VIS	20 9:00am Cardio Kickboxing, WC 9:00am Chair Exercise DVD, VIS 10:00am Quilting Group, Quilt Room 10:15am Cardio Drumming, WC 11:00am Seated Strength, B 11:15am Stretch and Meditation, WC 12:30pm Rosary, C 1:00pm Brain Fitness, RH 1:00-3:00pm VST Balance Assessments, WG-s/u 1:30pm Core and Cardio, WC 2:00pm All-Resident Meeting, B 2:00pm Water Volleyball, P	21 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Bocce, Bocce Court 9:00am Dining Committee Meeting, Magnolia 9:00am Low Impact DVD, VIS 10:00am Discussing Dementia/Alzheimer’s, RH 10:00am Easter Baskets, CA-s/u 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, B 1:00pm Easter Baskets, CA-s/u 1:00pm Parkinson’s Class, WC 1:30pm Jeopardy Joe, RH 2:00pm Chapel Choir, C 2:30pm Chair Volleyball, WC	22 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Serial: Day of Thrills &Adventure, RH-s/u 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 11:15am Seated Dance, WC 1:00pm Christian Movie, VIS 1:00-3:00pm Easter Volunteer Activity, B 1:30pm Book Club, Alpine Lounge 1:30pm Midday Matinee: <i>Apollo 13</i> , T-s/u 2:30pm Stations of the Cross, S 5:00pm Moment of Meditation, VIS	23 9:00am Exercise DVD, VIS 10:00-11:30am Easter Egg-stravaganza B-s/u 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B
24 9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge	25 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Rummikub, M-s/u 10:00am Tai Chi, WC 10:00am Village Hymn Sing, C and VIS 10:00am-12:00pm VST Assessments, WG-s/u 11:00am Spanish Lesson, RH 11:15am Seated Strength, WC 12:30pm Drawing Class, CA-s/u 1:30pm Balance Class, WC 1:30pm FV Singers, B 1:30pm Men’s Bible Study and Prayer, LR 3:00pm Wash U Fall Prevention Presentation, B 6:30pm Rosary, S	26 8:30am Yoga w/ Christy, WC 9:00am Balance DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 9:30am Chime Choir, RH 10:00am Balance Class, WC 10:00am Moment of Meditation, VIS 11:00am Posture and Stability, WC 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Family Feud, RH 5:00pm Moment of Meditation, VIS	27 9:00am Chair Exercise DVD, VIS 10:00am Quilting Group, Quilt Room 11:00am Art w/ Mary, CA-s/u 11:00am Seated Strength, B 11:15am Stretch and Meditation, WC 12:30pm Rosary, C 1:00-3:00pm VST Balance Assessments, WG-s/u 1:30pm Core and Cardio, WC 2:00pm Water Volleyball, P	28 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Bocce, Bocce Court 9:00am Serial: Day of Thrills &Adventure, RH-s/u 10:15am Balance Class, WC 10:30am Maundy Thursday Service, C and VIS 11:00am Functional Fitness, B	29 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Serial: Day of Thrills &Adventure, RH-s/u 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 1:00pm Christian Movie, VIS 2:30pm Stations of the Cross, S 5:00pm Moment of Meditation, VIS	30 9:00am Exercise DVD, VIS 12:30pm Midday Matinee: T-s/u <i>Castaway</i> 1:00pm Exercise DVD, VIS
31 8:30am Easter Mass, C and VIS 9:00am Exercise DVD, VIS 10:00am Easter Worship, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge						

Community Outings

Walking Scale for Outings

Level 1: Easy with very little walking involved = (L1)

Level 2: Light walking from place to place with areas to sit and rest = (L2)

Level 3: Moderate amount of walking involved with mostly even surfaces = (L3)

Level 4: Walking involved with some uneven surfaces and/or hills. Walkers and wheelchairs not recommended. = (L4)