

# REFLECTIONS APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We are committed to ensuring that social distancing does not create social isolation and increased stress during this crisis. Our programs will accommodate future changes and provide a sense of normalcy for the seniors in our community.</p>	<p><b>Schedule subject to change without prior notice. Please refer to the daily updates.</b></p> <p>St Paul's Plaza 1420 E Palomar CV 91913 License # 374603643</p> <p><i>All activities are in Reflections Solarium unless noted different.</i></p>		<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> 11:00 Andrea Rieu Orchestra 1:00 Neighborhood Walk <b>1:30 Chair Zumba w/ Ana</b> 2:30 Bingo Social 3:30 Bowling Tournament</p>	<p>9:30 Walking Club <b>10:00 Gentle Stretch Class</b> 10:30 Mandala Art Work 11:00 Puzzles with Friends 1:00 Community Walk <b>1:30 Movement &amp; Singing w/ Janet</b> 2:30 Loteria 3:30 Darts Game</p>	<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> <b>11:00 Crafts w/ Andrea</b> 1:30 Neighborhood Walk 2:00 Baking Class: "Banana Muffins" <b>3:00 Chair Yoga w/ Janet</b> 4:00 Aromatherapy</p>	<p>9:30 Morning Walk <b>10:00 Chair Exercise</b> 11:00 Music Bingo 1:30 PM Walk <b>2:00 Ageless Fitness</b> 2:30 Movie &amp; Popcorn Social 3:00 SPA Day</p>
<p><b>2:00 Non-Denominational Prayer Group Led by Rebecca Charles (REF)</b></p> <p>APRIL FLOWER - DAISY</p>	<p><b>10:00 House based activities: Puzzles, manicures, folding &amp; sorting, art projects (Activities within cottages)</b> <b>11:00 Exercise Club w/ Ana</b> 1:00 Loteria 2:00 I Love Lucy Show</p>	<p>9:00 Daily Chronicle <b>9:30 Chaplain Chat</b> 10:00 Volleyball ROM <b>10:30 AM Stretch w/ Andrea</b> 11:00 Choir Practice 1:30 Afternoon Stroll 2:00 Balloon ROM <b>2:30 Music n Motion</b> 3:00 Word Game</p>	<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> 11:00 Wheel of Fortune 1:00 Neighborhood Walk <b>1:30 Chair Zumba w/ Ana</b> 2:30 Board Games 3:30 Bean Bag Toss</p>	<p>9:30 Walking Club <b>10:00 Gentle Stretch Class</b> 10:30 Art Projects 11:00 Puzzle Mania 1:00 Afternoon Walk <b>1:30 Movement &amp; Singing w/ Janet</b> 2:30 Pillowcase Scavenger Hunt Challenge 3:30 Grandparent Talk</p>	<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> 11:00 Trivia Time <b>2:30 House based activities: Puzzles, manicures, folding &amp; sorting, art projects (Activities within cottages)</b></p>	<p>9:30 Current Events <b>10:00 Fit Club</b> 11:00 Jukebox Bingo 1:30 Indoor Walk <b>2:00 PM Stretch</b> 2:30 Movie &amp; Popcorn Social 3:00 Hand Spa</p>
<p><b>2:00 Non-Denominational Prayer Group Led by Rebecca Charles (REF)</b></p> <p>EASTER SUNDAY</p>	<p><b>10:00 House based activities: Puzzles, manicures, folding &amp; sorting, art projects (Activities within cottages)</b> 11:00 Board Games <b>1:00 PM Stretch w/ Ana</b> 2:00 The Three Stooges</p>	<p>9:00 Daily Chronicle <b>9:30 Chaplain Chat</b> 10:00 Soccer Game <b>10:30 Gentle Stretch Class w/ Andrea</b> 11:00 Sing Along w/ Andrea 1:30 PM Walk 2:00 Balloon ROM <b>2:30 Fitness Club</b> 3:00 Brain Games</p>	<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> 11:00 The Price Is Right 1:00 Neighborhood Walk <b>1:30 Chair Zumba w/ Ana</b> 2:30 Bingo Social 3:30 Bowling Tournament</p>	<p>9:30 Walking Club <b>10:00 Gentle Stretch Class</b> 10:30 Mandala Art Work 11:00 Puzzles with Friends 1:00 Community Walk <b>1:30 Movement &amp; Singing w/ Janet</b> 2:30 Loteria 3:30 Darts Game</p>	<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> <b>11:00 Sing Along w/ MaryJo</b> 1:30 Neighborhood Walk 2:00 Noodle Ball 2:30 Trivia Time <b>3:00 Chair Yoga w/ Janet</b> 4:00 Aromatherapy</p>	<p><b>10:00 House based activities: Puzzles, manicures, folding &amp; sorting, art projects (Activities within cottages)</b> 1:30 PM Walk <b>2:00 Ageless Fitness</b> 2:30 Movie &amp; Popcorn Social 3:00 SPA Day</p>
<p><b>2:00 Non-Denominational Prayer Group Led by Rebecca Charles (REF)</b></p> <p>BASEBALL MONTH</p>	<p><b>10:00 House based activities: Puzzles, manicures, folding &amp; sorting, art projects (Activities within cottages)</b> <b>11:00 Exercise Club w/ Ana</b> 1:00 Loteria 2:00 M*A*S*H</p>	<p>9:00 Daily Chronicle <b>9:30 Chaplain Chat</b> 10:00 Volleyball ROM <b>10:30 AM Stretch w/ Andrea</b> 11:00 Choir Practice 1:30 Afternoon Stroll 2:00 Balloon ROM <b>2:30 Music n Motion</b> 3:00 Word Game</p>	<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> 11:00 America's Funniest Vids 1:00 Neighborhood Walk <b>1:30 Chair Zumba w/ Ana</b> 2:30 Board Games 3:30 Bean Bag Toss</p>	<p>9:30 Walking Club <b>10:00 Gentle Stretch Class</b> 10:30 Art Projects 11:00 Puzzle Mania 1:00 Afternoon Walk <b>1:30 Movement &amp; Singing w/ Janet</b> 2:30 Pillowcase Scavenger Hunt Challenge 3:30 Grandparent Talk</p>	<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> <b>11:00 Crafts w/ Andrea</b> 1:30 Neighborhood Walk 2:00 Noodle Ball <b>2:30 Flower Arranging Class</b> 3:00 The Golden Girls 4:00 Aromatherapy</p>	<p>9:30 Current Events <b>10:00 Fit Club</b> 11:00 Jukebox Bingo 1:30 Indoor Walk <b>2:00 PM Stretch</b> 2:30 Movie &amp; Popcorn Social 3:00 Hand Spa</p>
<p><b>2:00 Non-Denominational Prayer Group Led by Rebecca Charles (REF)</b></p> <p>HAPPY PASSOVER MONTH</p>	<p><b>10:00 House based activities: Puzzles, manicures, folding &amp; sorting, art projects (Activities within cottages)</b> 11:00 Board Games <b>1:00 PM Stretch w/ Ana</b> 2:00 Jeopardy</p>	<p>9:00 Daily Chronicle <b>9:30 Chaplain Chat</b> 10:00 Soccer Game <b>10:30 Gentle Stretch Class w/ Andrea</b> 11:00 Sing Along w/ Andrea <b>2:30 House based activities: Puzzles, manicures, folding &amp; sorting, art projects (Activities within cottages)</b></p>	<p>9:30 The Daily Chronicle <b>10:00 Move It Or Lose It w/ Andrea</b> 11:00 Circus Festival 1:00 Neighborhood Walk <b>1:30 Chair Zumba w/ Ana</b> 2:30 Bingo Social 3:30 Bowling Tournament</p>	<p>9:30 Walking Club <b>10:00 Gentle Stretch Class</b> 10:30 Mandala Art Work 11:00 Puzzles with Friends 1:00 Community Walk <b>1:30 Movement &amp; Singing w/ Janet</b> 2:30 Loteria 3:30 Darts Game</p>		<p><b>KEY:</b> REF –Reflections Solarium MC - Mathes Center CH – Chapel PR – Pre Function Room PB – Pub L3 – 3<sup>rd</sup> Floor Living Room A3 – 3<sup>rd</sup> Floor Act. Room DR – Dining Room</p>