





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living	9:30 Aviary Bird Club 1 10 Easy Cardio Exercises 10:30 Famous Faces 11 Make Me Laugh 1:30 Funny Film Clips 2:30 Penny Ante Game 3:30 Singing in The Rain with Debbie Reynolds 6 Good Old Days April Fool's Day	9:30 Aviary Bird Club 2 10 Noodle Exercise 10:30 Hollywood Spotlight on Buddy Ebsen & The Beverly Hillbillies 11 What's in The Box 1:30 Balloon Volleyball 2:30 Bingo 3:30 Disco Dance Revolution 6 Tabletop Detective	9:30 Aviary Bird Club 3 10 Reach & Stretch 10:30 All About April 11 Sing Along Songs 1:30 Outing: Scenic Drive in The Country Side 2:30 Table Games 3:30 Washers Toss 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club 4 10 Exercise 10:30 Good News Review 11 Web Cam Wonders 1:30 Watercolor Painting: Rural America 2:30 Double 4 Dice Game 3:30 Get Your Groove on Day 6 Tabletop Detective	9:30 Aviary Bird Club 5 10 Sit & Be Fit 10:30 Burpee Day Facts & Fun 11 Better Than A Box Bakers 1:30 Basket Full of Memories 2:30 Chocolate Cola Cake Sweet Social 3:30 <i>Be Happy</i> Song & Dance 6 Good Old Days	10 Table Talk 6 10:30 Morning Matinee 11 Mini Manicures 1:30 Gizmos & Gadgets: Can You Guess It? 2:30 Afternoon Exercise 3:30 Designs of The Times 6 Helping Hands Fold & Sort	
10 Classic Country 7 10:30 Movie Matinee 11 Table Talk 1:30 National Wildlife Lotto Game 2:30 Afternoon Exercise 3:30 Color-ful Designs 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club 8 10 Drumming Exercise 10:30 Giggles & Guffaws 11 Ping Pong Box Toss 1:30 Championship Basketball Hoops 2:30 Smile Sticks Photo Pics 3:30 Singing in The Rain with Debbie Reynolds 6 Good Old Days	9:30 Aviary Bird Club 9 10 Exercise 10:30 Daily Chronicles & Doses of Laughter 11 Antique Roadshow Guessing Game 1:30 Ask Alexa 2:30 Bingo 3:30 Tic, Tac, Toss 6 Tabletop Detective	9:30 Aviary Bird Club 10 10 Reach & Stretch 10:30 Advertising Slogans & Sayings 11 Black Velvet Art Works 11:30 Out to Lunch: Roy Ann Diner 1:30 Table Games 2:30 Music & Memories 3:30 Wii Sports Fun 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club 11 10 Exercise 10:30 Good News Review 11 Pampered Pets & Punny Pics 1:30 Creative Arts: Hyacinths in Bloom Acrylic project 2:30 You Tube Karaoke 3:30 Kubb Bowling 6 Tabletop Detective	9:30 Aviary Bird Club 12 10 Noodle Exercise 10:30 <i>Old-Fashioned</i> Poetry 11 Three's A Crowd Dice Game 1:30 Make & Donate: Bookmarkers for National Library Week 2:30 April Birthday Social 3:30 Beach Ball Volleyball 6 Good Old Days	10 Table Talk 13 10:30 Comedy Classic 11 Mini Manicures 1:30 Music Bingo 2:30 Discovery Makes A Difference Blanket Making 3:30 Chair Tai Chi 6 Helping Hands Fold & Sort	
10 Golden Oldies 14 10:30 Movie Matinee 11 Table Talk 1:30 Bible Outburst & Hymn Sing 2:30 TV Show Ringo 3:30 Chair Yoga 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club 15 10 Exercise 10:30 Garden Planning & Projects 11 Roll & Stroll Walk or Roll 1:30 Great Scot, Real Men Wear Kilts & Tartan Tunes 2:30 Pokeno Game 3:30 You Tube Karaoke 6 Good Old Days	9:30 Aviary Bird Club 16 10 Exercise 10:30 Music Trivia & Tunes 11 Black Jack 21 1:30 Bingo 2:30 Music Makers & Mug Root Beer 3:30 Ping Pong Bucket Toss 6 Tabletop Detective	9:30 Aviary Bird Club 17 10 Reach & Stretch 10:30 Ellis Island: A Ticket to History 11 Table Top Shuffleboard 1:30 Outing: Scenic Drive & Hand Pies 2:30 Table Games 3:30 Show Tune Songs Sing Along 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club 18 10 Exercise 10:30 Good News Review 11 3-Peat Repeat Dice Game 1:30 Watercolor Painting: Under Water Adventures 2:30 Armchair Travels to Famous Sites 3:30 Accuracy Toss 6 Tabletop Detective	9:30 Aviary Bird Club 19 10 Sit & Be Fit 10:30 Hollywood Spotlight on Jane Mansfield 11 Off to The Races 1:30 Spring Bird Creations 2:30 Mythbusters & Mocktails 3:30 Floor Darts 6 Good Old Days	10 Table Talk 20 10:30 Morning Movie Matinee 11 Mini Manicures 1:30 Spring Crafting 2:30 Afternoon Exercise 3:30 Deco Designs 6 Helping Hands Fold & Sort	
10 Popular Favorites 21 10:30 Movie Matinee 11 Table Talk 11:15 Catholic Communion with Terri 1:30 Lucky Number Lotto 2:30 Afternoon Exercise 3:30 Color-ful Designs 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club 22 10 Exercise 10:30 Earth Day: Bugs That Hug & Giggles in The Garden 11 Town Hall Meeting 1:30 Gone Fishing Game 2:30 Chip & Dip Delights 3:30 Line Dance Hits 6 Good Old Days Passover Begins at Sundown	9:30 Aviary Bird Club 23 10 Exercise 10:30 Daily Chronicles & Doses of Laughter 11 Music & Memories of Shirley Temple 1:30 Bingo 2:30 The Celebration of Passover 3:30 Frisbee Disc Golf 6 Tabletop Detective	9:30 Aviary Bird Club 24 10 Reach & Stretch 10:30 Anchors Aweigh Day 11 Roll A Garden 1:15 Outing: The Beautiful sights at the Shrine of Czestochowa 1:30 Table Games 2:30 Musical Melodies 3:30 Wii Bowling 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club 25 10 Exercise 10:30 Good News Review 11 The Big Wheel Game 1:30 Acrylic Paint Pour- Wood Frames 2:30 Twister Toss 3:30 All That Jazz 6 Tabletop Detective	9:30 Aviary Bird Club 26 10 Exercise 10:30 Name 5 11 Finishing Lyrics 1:30 Horseshoe Pitching 2:30 Chef's Demo & Taste Social (café) 3:30 Basket Full of Memories 6 Good Old Days	10 Table Talk 27 10:30 Comedy Classic 11 Mini Manicures 1:30 40's & 50's Sing Along Songs 2 Mini Donut Decorating & Sparkling Daiquiri Mocktail Social 3:30 Chair Tai Chi 6 Helping Hands Fold & Sort	
10 Classic Country 28 10:30 Movie Matinee 11 Table Talk 1:30 Psalms of Praise & Hymn Sing 2:30 Playing Card Lotto 3:30 Afternoon Exercise 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club 29 10 Easy Cardio Exercises 10:30 Target Practice 11 Roll & Stroll Walk or Roll 1:30 Make & Donate: Homemade Dog Treats 2:30 Experimental Science 3:30 Big Band Boogie 6 Good Old Days	9:30 Aviary Bird Club 30 10 Exercise 10:30 End of April Ponderings 11 High Low Card Game 1:30 Name That Tune 2:30 Bingo 3:30 Floor Darts 6 Tabletop Detective	 SHINE An Exclusive Memory Care Program By Discovery Senior Living	 April 2024			

Please note: Outdoor activities are weather permitting and calendar is subject to change.

Dawn Mason, Director of Celebrations, Recreation & Events (215) 257-6701 Ext. 114

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living</p>	<p>10 Exercise 1 10:30 Where in The World 11 Make Me Laff 1:30 Ognib Game 3:30 Indoor/Outdoor Walk or Run Challenge (meet in lobby)</p> <p>April Fool's Day</p>	<p>10 Reach & Stretch 2 10:30 Hollywood Spotlight on Buddy Ebsen 11 A <i>Mint</i> of a Day 1:30 Manicures, Music & Hand Massages 3 Indoor Scavenger Hunt (meet in the lobby) 5:30 Game Night (resident led)</p>	<p>10 Easy Cardio Exercise 3 10:30 Say It with Music 11 All About April 1:30 Creative Arts: Watercolor Painting: Spring in Bloom 3:30 Planet Earth II- Exploring the Jungles- Beauty & Beast (theatre)</p>	<p>10 Exercise 4 10:30 Activity Meeting 11 Resident Council Mtg. 1:30 Outing: Scenic Ride & Frosty Run 2 Mandalas & Music 3:30 Rebound Shuffleboard</p>	<p>10 Sit & Be Fit 5 10:30 That's It! (trivia) 11 Burpee Day Facts & Fun 1:30 Relax & Rejuvenate with Guided Meditation (theatre) 2 Musical Entertainment by Dick Lentz 4 Train Dominoes (resident led)</p>	<p>10:30 Exercise 6 11 Gizmos & Gadgets: Can You Guess It? 1:30 The Tartan Way & Double Meaning Day Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>	
<p>10:30 Exercise 7 11 National Wildlife Lotto Game 11:30 Gospel Music Greats 1:30 Pebble Picassos That Will Amaze & Billie Holiday & The Blues Craze Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)</p>	<p>10 Exercise 8 10:30 Name That Song 11 Memories & Mementoes (bring an item of interest) 1:30 Bingo 3:30 Indoor/Outdoor Walk or Roll Challenge (meet in lobby)</p>	<p>10 Reach & Stretch 9 10:30 This Day in History 11 Ring It to Win It 1:30 Helping Hands 2 St. Agnes Mass (1st fl. lounge) 3 <i>Wrap It with Love & Sweetness</i> 5:30 Game Night (resident led)</p>	<p>10 Exercise 10 10:30 Malarky Bluffing Game 11 That's Debatable! 1:30 Create & Take: Beaded Bracelets or Key Chains 3:30 Adventures with Purpose- Travel to New Zealand (theatre)</p>	<p>10 Bible Study w/ Penny 11 10:30 Words in A Word 11 Down Memory Lane (1st fl. lounge) 1:30 Scrabble Poker 2:30 Color-ful Deco Designs 4 Wii Bowling (theatre) 5:15 Outing to PHS Spring Musical Hello Dolly</p>	<p>10 Sit & Be Fit 12 10:30 Scruples: What Would You Do? 11 <i>Old-Fashioned Poetry</i> 1:30 Make & Donate: Bookmarkers for National Library Week 2:30 April Birthday Social (café) 4 Train Dominoes (resident led)</p>	<p>10:30 Chair Tai Chi 13 11 Music Bingo (You can upgrade your prize by singing a tune if you win!) 1:30 Thomas Jefferson's Way & Dime Store Day Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>	
<p>10:30 Chair Yoga 14 11 TV Show Ringo 11:30 Hymns to Him 1:30 Getting to Know Loretta Lynn & Why Does A Dolphin Have Fins Coming to You (1st, 2nd & 3rd fls) 2 Bible Baptist Service (1st floor lounge) 6 Movie Night (theatre)</p>	<p>10 Exercise 15 10:30 Chicken or The Egg: Which Came First 11 Great Scot, Real Men Do Wear Kilts & Tunes from The Tartan 1:30 Bingo 3:30 Standing Balance</p>	<p>10 Reach & Stretch 16 10:30 Sounds Fishy 11 Good News in Review 1:30 Manicures, Music & Hand Massages 3 Mini Mysteries & Mug Root Beer 5:30 Game Night (resident led)</p>	<p>10 Easy Cardio Exercise 17 10:30 Kwizniac Game 11 What's in The Box 1:30 Creative Arts: Watercolor Painting: Rural America 3:30 Pray the Rosary (theatre)</p>	<p>10 Bible Study w/ Penny 18 10:30 Couponing for A Cause 11 Finishing Words (1st fl. lounge) 1:30 Outing: Scenic Drive by The Lake Side 1:30 Mandalas & Music 3 Frisbee Can Slam Game 4 You Tube Karaoke (theatre)</p>	<p>10 Sit & Be Fit 19 10:30 Hollywood Spotlight on Jane Mansfield 11 Music Trivia & Tunes 1:30 Relax & Rejuvenate with Guided Meditation (theatre) 2:30 Mini Mysteries & Mocktails 4 Train Dominoes (resident led)</p>	<p>10:30 Exercise 20 11 Creative Crafting 1:30 Puzzles to Do & Ponderings Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>	
<p>10:30 Exercise 21 11 Pokeno Game 11:15 Catholic Communion with Terri 1:30 When in Rome & Popular Poems Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)</p>	<p>10 Exercise 22 10:30 Earth Day: Bugs That Hug & Giggles In The Garden 11 Technology Tips for Seniors 1:30 Bingo 3:30 Indoor/Outdoor Walk or Roll Challenge (meet in lobby) Passover Begins at Sundown</p>	<p>10 Reach & Stretch 23 10:30 Joe Name It 11 Daily Chronicles & Doses of Laughter 1:30 Manicures, Music & Hand Massages 3 The Celebration of Passover 5:30 Game Night (resident led)</p>	<p>10 Exercise 24 10:30 Mythbusters- Truth or Tale? 11 Black Jack 21 1:30 Creative Arts: Acrylic Paint Pour- Wood Frame Project 3:30 Nat'l. Park Week- Armchair Travel to Yosemite (theatre)</p>	<p>10 Bible Study w/ Penny 25 10:30 Stained Glass Look Paper Designs 11 Mind Joggers (1st fl. lounge) 1:30 Outing: Care and Share (Variety) Thrift Shop 2 Mosaic Sticker Designs 4 Experimental Science 6 Hidden Meadows Chorus</p>	<p>10 Sit & Be Fit 26 10:30 What More Do You Know 11 Penny Ante Reminiscing Game 1:30 Game of Darts 2:30 Chef's Demo & Taste Social (café) 4 Train Dominoes (resident led)</p>	<p>10:30 Chair Tai Chi 27 11 Mini Donuts- Make, Decorate & Take! 1:30 Unusual Places to Dine & Most Famous Sculptures of All Time Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>	
<p>10:30 Light Weights- Exercise 28 11 Thirty Ball Bingo 11:30 Hymns to Him 1:30 Blueberry Facts & Fun & Mad Libs by The Ton Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)</p>	<p>10 Exercise 29 10:30 Outburst 11 Garden Planning & Projects 1:30 The Choraleers of Generations Sing Along 3:30 Indoor/Outdoor Walk or Roll Challenge (meet in lobby)</p>	<p>10 Reach & Stretch 30 10:30 Who Am i? 11 Stories That Will Warm Your Heart 1:30 Manicures, Music & Hand Massages 3 RC Racers (front porch) 5:30 Game Night (resident led)</p>					

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