

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dimensions of Wellness <ul style="list-style-type: none"> ● Intellectual ● Emotional ● Physical ● Spiritual ● Social 	<ul style="list-style-type: none"> ● 10:00 Fit, Fun & Fab-EC 1 ● 10:30 Morning News-EC ● 1:00 Hymn Sing with Barbara- EC ● 2:15 April Fool's Fun-EC ● 3:30 Ping Pong Demo-EC <p style="text-align: center;">All Fools' Day</p>	<ul style="list-style-type: none"> ● 9:30 Coffee & Donuts-EC 2 ● 9:30 Dale/Craig Music-3rd FL ● 10:00 Cardio Drumming-EC ● 1:15 Men's Club: The Battle of Gettysburg Day 2-EC ● 2:00 Worship and Bible Study-2nd FL ● 3:00 Craft Corner: Rain Drop Wind Charms-EC ● 6:00 Music with Millie-EC 	<ul style="list-style-type: none"> ● 10:00 Tai Chi-EC 3 ● 10:30 Morning News-EC ● 1:00 Bingo-EC ● 2:30 Scrabble-LL ● 3:30 Music with Loren-EC ● 4:00 Midweek Prayer-LL 	<ul style="list-style-type: none"> ● 9:30 Coffee Time-EC 4 ● 10:15 Lunch at Boone Tavern and Shopping at Bucee's -OC ● 10:30 Bible Study-LL ● 2:00 Music with Yolanda-EC ● 4:30 Stories with Marie-FL 	<ul style="list-style-type: none"> ● 10:00 Fit, Fun & Fab-EC 5 ● 10:30 Morning News-EC ● 1:00 Bingo-EC ● 2:30 Ping Pong Games-EC ● 6:00 Music with Bobby-EC <p style="text-align: center;">NCAA Final Four Basketball Games</p>	<ul style="list-style-type: none"> ● 11:00 Catholic Communion-LL 6 ● 1:30 Saturday Cinema Good Sam-LL
<ul style="list-style-type: none"> ● 10:00 Southland Christian Church Televised ABC 36 7 ● 1:30 Church Service with Tom Cruze-EC ● 3:00 Scrabble-LL ● 3:00 Chess & Checkers-LL ● 3:00 Music with Thomas-EC 	<ul style="list-style-type: none"> ● 10:00 Fit, Fun & Fab-EC 8 ● 10:30 Morning News-EC ● 1:30 Eclipse Party-Back Parking Lot <p style="text-align: center;">NCAA Championship Basketball Game</p>	<ul style="list-style-type: none"> ● 9:30 Coffee & Donuts-EC 9 ● 9:30 Dale/Craig Music-3rd FL ● 10:30 Fun with Therapy/Come play Bingo-EC ● 2:00 Talk with Dr. Tovar-EC ● 2:00 Worship and Bible Study-2nd FL ● 3:30 Choir Practice-EC ● 6:00 Music with The Diggles Family-EC 	<ul style="list-style-type: none"> ● 10:00 Tai Chi-EC 10 ● 10:00 Book Van-2nd FL ● 10:30 Morning News-EC ● 1:00 Bingo-EC ● 2:30 Scrabble-LL ● 4:00 Midweek Prayer-LL 	<ul style="list-style-type: none"> ● 9:30 Coffee Time-EC 11 ● 9:50 Better with Age-OC ● 10:30 Bible Study-LL ● 1:30 Music with The Bluegrass Dulcimer Club-EC ● 3:00 Painting Class Looking Up at Trees-EC ● 6:00 Walking Tour of 	<ul style="list-style-type: none"> ● 9:30 Therapy Health Fair-12 ● 10:00 Fit, Fun & Fab-EC ● 10:30 Morning News-EC ● 1:00 Bingo-EC ● 2:30 Music w/ Pat Maue-EC ● 2:30 Kroger Bus at BB ● 6:00 Family Movie Night "The War Room"-EC 	<ul style="list-style-type: none"> ● 11:00 Catholic Communion-LL 13 ● 1:30 Saturday Cinema Damsel-LL
<ul style="list-style-type: none"> ● 10:00 Southland Christian Church Televised ABC 36 14 ● 1:30 Church Service with Chaplain Dale-EC ● 2:15 Choral Festival at Tates Creek Church-OC ● 3:00 Scrabble-LL ● 3:00 Chess & Checkers-LL 	<ul style="list-style-type: none"> ● 10:00 Fit, Fun & Fab-EC 15 ● 10:30 Morning News-EC ● 1:00 Minister Monday-EC ● 2:30 Bingo-EC ● 3:45 April Trivia-EC ● 6:00 Music with Mary-LL 	<ul style="list-style-type: none"> ● 9:30 Coffee & Donuts-EC 16 ● 9:30 Dale/Craig Music-3rd FL ● 10:00 Walking Club-EC ● 1:00 Bingo-EC ● 2:00 Chef Demo-EC ● 2:00 Worship and Bible Study-2nd FL ● 6:00 Music with Millie-Bistro 	<ul style="list-style-type: none"> ● 10:00 Tai Chi-LL 17 ● 10:30 Morning News-LL ● 2:30 Scrabble-LL ● 2:30 Friendship 101-LL ● 3:00 Volunteer Banquet-EC ● 6:00 Birthday Party with Bob Allen-EC 	<ul style="list-style-type: none"> ● 9:30 Coffee Time-EC 18 ● 10:30 Bible Study-LL ● 1:00 Stories with Marie-FL ● 2:30 Cooking Club Pasta with Chicken and Cherries-EC ● 5:45 Nighttime Craft Corner Painting Flowerpots-EC 	<ul style="list-style-type: none"> ● 10:00 Fit, Fun & Fab-EC 19 ● 10:30 Morning News-EC ● 10:30 Catholic Mass-CH ● 1:00 Bingo-EC ● 2:30 Ping Pong Games-EC ● 6:00 Music with Bobby-EC 	<ul style="list-style-type: none"> ● 11:00 Catholic Communion-LL 20 ● 1:30 Nancy Durall and Ballet Students-FT
<ul style="list-style-type: none"> ● 10:00 Southland Christian Church Televised ABC 36 21 ● 1:30 Church Service with Chaplain Dale-EC ● 3:00 Scrabble-LL ● 3:00 Chess & Checkers-LL 	<ul style="list-style-type: none"> ● 10:00 Fit, Fun & Fab-EC 22 ● 10:30 Morning News-EC ● 1:00 Drawing w/ Gary-3rd FL ● 1:30 Bingo-EC ● 2:30 Baking Club Aberdeen Almond Cookies-EC ● 6:00 Music with Mary-LL <p style="text-align: center;">Passover Begins Earth Day</p>	<ul style="list-style-type: none"> ● 9:30 Coffee & Donuts-EC 23 ● 9:30 Dale/Craig Music-3rd FL ● 10:00 Cardio Drumming-EC ● 1:30 Food Committee Meeting-EC ● 2:00 Worship and Bible Study-2nd FL 	<ul style="list-style-type: none"> ● 10:00 Tai Chi-LL 24 ● 10:00 Book Van-2nd FL ● 10:30 Morning News-LL ● 2:30 Scrabble-LL ● 3:00 Midweek Prayer-LL ● 4:00 Theme Dinner Lady and the Tramp-EC <p style="text-align: center;">Administrative Professionals Day</p>	<ul style="list-style-type: none"> ● 9:30 Coffee Time-EC 25 ● 10:30 Bible Study-LL ● 10:30 Keeneland Outing: See Activities to purchase tickets-OC ● 10:30 Puzzle Packet Pick up-EC ● 1:30 Music w/ Lee & Loren-EC 	<ul style="list-style-type: none"> ● 10:00 Fit, Fun & Fab-EC 26 ● 10:30 Morning News-EC ● 1:00 Bingo-EC ● 2:30 Kroger Bus at BB ● 3:00 Craft Corner Beaded Garden Stakes-EC ● 6:00 PJ Party with movie Pillow Talk & snacks-EC <p style="text-align: center;">Arbor Day</p>	<ul style="list-style-type: none"> ● 11:00 Catholic Communion-LL 27 ● 1:30 Saturday Cinema The Hill-LL
<ul style="list-style-type: none"> ● 10:00 Southland Christian Church Televised ABC 36 28 ● 1:30 Church Service with Chaplain Dale-EC ● 3:00 Scrabble-LL ● 3:00 Chess & Checkers-LL 	<ul style="list-style-type: none"> ● 10:00 Fit, Fun & Fab-EC 29 ● 10:30 Morning News-EC ● 1:30 Music with Ukin Katz-LL ● 3:00 Garden Club Meeting-EC 	<ul style="list-style-type: none"> ● 9:30 Coffee & Donuts-EC 30 ● 9:30 Dale/Craig Music-3rd FL ● 10:00 Walking Club-EC ● 1:00 Cooking Club Highland Oat Balls-EC ● 2:00 Worship and Bible Study-2nd FL ● 2:30 Karaoke Sing a Long with Brooklyn-EC 	<h1 style="font-size: 4em; margin: 0;">April 2024</h1> <h2 style="font-size: 1.5em; margin: 0;">Friendship Towers Daily Activities</h2>			

*All Activities are subject to change. All changes will be posted ASAP. Thank you!