



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00am: Water Exercise 9:30am: Cool Hand Ukes- Game Room 10:00am: In-stitches Group- Lounge 10:30am: Standing Exercise- Fitness Room 11:30am: Quick Balance Training- Fitness Room 1:00pm: Seated Exercise- Fitness Room 1:30pm: Grocery trip to Food Lion 4:00pm: Chair Yoga & Tai Chi- Chapel</p>	<p>2</p> <p>9:00am: Water Exercise 10:00am: Bible Study 10:30am: Standing Exercise- Fitness Room 11:30am: Quick Chair Yoga- Fitness Room 1:00pm: Seated Exercise- Fitness Room 1:30-2:00pm: Book Mobile by the Gazebo 2:30pm: Readers Theatre- Chapel</p>	<p>3</p> <p>9:00am: Water Exercise 10:30am: Standing Exercise- Fitness Room 11:30am: Quick Balance Training- Fitness Room 12:30pm: Cool Hand Ukes- Game Room 1:00-3:00pm: Bingo- MOVED to the Fitness Center 1:00pm: Seated Exercise- MOVED to the Game Room 1:30pm: Outing to Target 2:30pm: "Stepping On"- Falls Prevention Discussion in the Game Room 4:00pm: Chair Yoga & Tai Chi- MOVED to Fitness Room</p>	<p>4</p> <p>9:00am: Water Exercise 10:30am: Standing Exercise- Fitness Room 11:30am: Quick Tai Chi- Fitness Room 1:00pm: Electronic Help with Leon in the Lounge 1:00pm: Homewood Singers- MOVED to the Lounge 1:00pm: Chair Yoga & Tai Chi- Fitness Room 2:30pm: Trivia in the Fitness Room 7:00pm: Night Crawlers</p>	<p>5</p> <p>9:00am: Water Exercise 10:30am: Line Dancing- Fitness Room 11:30am: Quick Balance Training- Fitness Room 12:00pm: Poker-Game Room 1:00pm: Outing to PA Dutch Market 1:00pm: NO Seated Exercise Today 1:15pm: Kids Easter Music Performance in the Chapel 2:30pm: Balloon Bash in the Fitness Room</p>	<p>6</p> <p>1:30pm: Art Club- Craft Room</p>
<p>7</p> <p>9:45am: Church Service 11:00am: Outing to The Cars & Coffee Event -at Cushwa Brewing & River Bottom Roasters in Williamsport 3:00pm: Book Club- Chapel</p>	<p>8</p> <p>9:00am: Water Exercise 9:30am: Cool Hand Ukes - Game Room 10:00am: In-stitches Group Lounge 10:30am: Standing Exercise- Fitness Room 11:30am: Quick Balance Training- Fitness Room 1:00pm: Seated Exercise- Fitness Room 1:30pm: Grocery trip to Martins 2:30pm: Music Appreciation with Loretta Lynn- Fitness Room 4:00pm: Chair Yoga & Tai Chi- Chapel</p>	<p>9</p> <p>7:30-9:00am: Breakfast Buffet in the Dining Room 9:00am: Water Exercise 10:00am: Bible Study 10:30am: Standing Exercise- Fitness Room 11:30am: Quick Chair Yoga- Fitness Room 1:00pm: Seated Exercise- Fitness Room 2:30pm: Readers Theatre- Chapel 6:30pm: Bryan Herber in the Chapel</p>	<p>10</p> <p>9:00am: Water Exercise 10:30am: Standing Exercise- Fitness Room 11:30am: Quick Balance Training- Fitness Room 12:30pm: Cool Hand Ukes- Game Room 1:00pm: Seated Exercise- Fitness Room 1:30pm: Outing to Walmart & Aldi 2:00-3:30pm: Melissa's Leading Age Award Event in the Chapel 2:30pm: Craft with Brenda in the Craft Room 4:00pm: Chair Yoga & Tai Chi- Chapel</p>	<p>11</p> <p>8:30am: Coffee and Conversation with Kathy in the Lounge 9:00am: Water Exercise 10:30am: Standing Exercise- Fitness Room 11:30am: Quick Tai Chi - Fitness Room 1:00pm: Electronic Help with Leon in the Lounge 1:00pm: Homewood Singers 1:00pm: Chair Yoga & Tai Chi 2:00pm: Men's Group in the Lounge 2:30pm: Song Lyric Game & Sing-along with Brenda in the Fitness Room 7:00pm: Night Crawlers</p>	<p>12</p> <p>9:00am: Water Exercise 10:30am: Line Dancing- Fitness Room 11:30am: Quick Balance Training- Fitness Room 12:00pm: Poker-Game Room 1:00pm: Outing to Velvet Cafe 1:00pm: Seated Exercise- Fitness Room 1:00pm: Poetry Club- Craft Room 2:30pm: Scattategories in the Lounge</p>	<p>13</p> <p>1:30pm: Art Club- Craft Room 1:30pm: Outing for Country Drive with Ice Cream</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>*Place recyclables out by 4:00pm this evening*</p> <p>9:45am: Church Service</p>	<p>15</p> <p>9:00am: Water Exercise 9:30am: Cool Hand Ukcs-Game Room 10:00am: In-stitches Group Lounge 10:30am: Standing Exercise-Fitness Room 11:30am: Quick Balance Training- Fitness Room 1:00pm: Seated Exercise-Fitness Room 1:30pm: Grocery trip to Food Lion 2:30pm: Activity Planning Committee 4:00pm: Chair Yoga & Tai Chi-Chapel</p>	<p>16</p> <p>9:00am: Water Exercise 10:00am: Bible Study 10:30am: Standing Exercise-Fitness Room 11:30pm: Quick Chair Yoga-Fitness Room 1:00pm: Seated Exercise-Fitness Room 2:30pm: Readers Theatre-Chapel</p>	<p>17</p> <p>9:00am: Water Exercise 10:30am: Standing Exercise Training- Fitness Room 11:30am: Quick Balance Game Room 12:30pm: Cool Hand Ukcs-Game Room 1:00pm: Seated Exercise-Fitness Room 1:00-3:00pm: Bingo-Chapel 1:30pm: Outing to Target 3:30pm: Movie, Popcorn & Pizza in the Chapel 4:00pm: Chair Yoga & Tai Chi-Chapel- CANCELED</p>	<p>18</p> <p>9:00am-12:00pm: Nursing Student Health Fair- Chapel 9:00am: Water Exercise 10:30am: Standing Exercise-Fitness Room 11:30am-1:30pm: Picnic at the Pines Patio with Music 11:00am: Holy Eucharist-Chapel 11:30am: Quick Tai Chi-Fitness Room 1:00pm: Electronic Help with Leon in the Lounge 1:00pm: Homewood Singers in HCC 1:00pm: Chair Yoga & Tai Chi-Chapel 3:00pm: Wine & Cheese in the Lounge 7:00pm: Night Crawlers</p>	<p>19</p> <p>9:00am: Water Exercise 10:30am-1:00pm: Sub Sale in the Chapel 10:30am: Line Dancing-Fitness Room 11:30am: Quick Balance Training- Fitness Room 12:00pm: Poker-Game Room 1:00pm: Outing to 28 South 1:00pm: Seated Exercise-Fitness Room 2:30pm: Pictionary in the Lounge</p>	<p>20</p> <p>1:30pm: Art Club- Craft Room</p>
<p>21</p> <p>9:45am: Church & 2023 Remembrance Service in the Chapel</p> <p>1:30pm: Outing to The Addam's Family Musical by the Barbara Ingram Foundation at the Maryland Theatre</p>	<p>22</p> <p>9:00am: Water Exercise 9:30am: Cool Hand Ukcs-Game Room 10:00am: In-stitches Group Lounge 10:30am: Standing Exercise-Fitness Room 11:30am: Quick Balance Training- Fitness Room 1:00pm: Seated Exercise-Fitness Room 1:30pm: Grocery trip to Martins 2:30pm: Art Appreciation on U.S. Coins- Fitness Room 4:00pm: Chair Yoga & Tai Chi-Chapel</p>	<p>23</p> <p>9:00am: Water Exercise 10:00am: Bible Study 10:30am: Standing Exercise-Fitness Room 11:30am: Quick Chair Yoga-Fitness Room 1:00pm: Seated Exercise-Fitness Room 2:30pm: Readers Theatre – Chapel</p>	<p>24</p> <p>9:00am: Water Exercise 10:30am: Standing Exercise-Fitness Room 11:30am: Quick Balance Training- Fitness Room 12:30pm: Cool Hand Ukcs-Game Room 1:00pm: Seated Exercise-Fitness Room 1:30pm: Outing to Walmart & Aldi 2:30pm: Craft with Brenda in the Craft Room 4:00pm: Chair Yoga & Tai Chi-Chapel</p>	<p>25</p> <p>9:00am: Water Exercise 10:30am: Standing Exercise-Fitness Room 11:30am: Quick Tai Chi-Fitness Room 1:00pm: Electronic Help with Leon in the Lounge 1:00pm: Chair Yoga & Tai Chi-Chapel 2:00pm: Dementia Support Group- Chapel 3:30pm: Birthday Social in the Chapel followed by Music with Jessica. 7:00pm: Night Crawlers</p>	<p>26</p> <p>VOTING IN THE CHAPEL 9:00am: Water Exercise 10:30am: Line Dancing-Fitness Room 11:30am: Quick Balance Training- Fitness Room 12:00pm: Poker-Game Room 1:00pm: Outing to The Derby 1:00pm: Seated Exercise-Fitness Room 2:30pm: Mexican Train Domino Game in the Lounge</p>	<p>27</p> <p>12:30pm: Outing to a performance by Mark Cable called "Senior Moments"- Music, Humor and Gospel message!</p> <p>1:30pm: Art Club- Craft Room</p>
<p>28</p> <p>*Place recyclables out by 4:00pm this evening*</p> <p>9:45am: Church Service</p>	<p>29</p> <p>9:00am: Water Exercise 9:30am: Cool Hand Ukcs-Game Room 10:00am: In-stitches Group-Lounge 10:30am: Standing Exercise-Fitness Room 11:30am: Quick Balance Training- Fitness Room 1:00pm: Seated Exercise-Fitness Room 1:30pm: Grocery trip to Food Lion 2:30pm: Cooking Group-Fitness Center Kitchen 4:00pm: Chair Yoga & Tai Chi-Chapel</p>	<p>30</p> <p>Taylor Marie Fashion Show in the Chapel All Day 7:30-9:00am: Breakfast Buffet in the Dining Room 9:00am: Water Exercise 10:00am: Bible Study 10:30am: Standing Exercise-Fitness Room 11:30am: Quick Chair Yoga-Fitness Room 1:00pm: Seated Exercise-Fitness Room 2:30pm: Readers Theatre-Chapel</p>				

