





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Room Key Locations:</b> JR=Jefferson Room OR=Oak Room KR=Kentucky Room DR=Dehoney Room WC=Wellness Center FDR=Fleur de Lis DR 3 <sup>rd</sup> Floor=3 <sup>rd</sup> Floor Activity Room	<b>1</b> 9:30-Resident Board Mtg. (JR) 9:30-Coffee & Donuts (OR) 10-Resident Council Mtg. (OR) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-TOT Bible Study (KR) 7:30-Berlin Philharmonic (JR)	<b>2</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 11:00-Tai Chi (DR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 1:45 Book Ladies (KR) 2:30-Book Club (KR) 2:30-Knitting Club (ML) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat	<b>3</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11-Devotion with Cristi (OR) 11:00-AAUW Program (JR) "Hats and Horses" presented by Vivian Farrell 1-Blood Pressure Clinic (WC) 2:00-BUNCO!!! (KR) Great Drama Series: <i>Hamlet</i> 4 p.m.- Part 1 * 7:30 p.m. Part 2	<b>4</b> First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness 11:00-Shopping at Walgreens 1:30-Sit and Fit Class (OR) <b>1:30-Make Your Derby Hat</b> (Sign up at the Activity Table) 2:00-Scrabble (KR) 7:00-Movie (JR)	<b>5</b> First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Shopping at Kroger 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 1:30-Stretching the Mind (OR) <i>Topic: Robots Helping Nurses            and Patients with Healthcare</i> 7:00-Movie (JR)	<b>6</b> 9:30-Flexercise Class (OR) 2:00-Movie (JR) <b>B's Pretty            Easter            Dress Drive            2 to 5 p.m.            Oak Room</b> 
<b>7</b> Van to Local Churches <b>~Sunday Brunch Buffet~            11:30 a.m. to 2:00 p.m.</b> 2:00-Movie (JR) 2:30- Chamber Music Society at U of L "Dover Quartet" 6:00-Louisville Youth Orchestra's <b>Master Artist            Chamber Players</b> Concert 7:00-Movie	<b>8</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-TOT Bible Study (KR) 2-Concert with Cantor Lipp (OR) 7:30-Berlin Philharmonic (JR)	<b>9</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) <b>1:30-Make Your Derby Hat</b> (Sign up at the Activity Table) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat	<b>10</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Chaplain Terry Emery (OR) 12:00-April Birthday Lunch 1-Blood Pressure Clinic (WC) 2:00-BINGO!!! (OR) 7:00-Funny Bridge (KR)	<b>11</b> First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 10:45-Depart for Lunch at Science Hill 11:00-Fight Back with Fitness 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Kosair Dance Orchestra in Concert (OR)	<b>12</b> First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Shopping at Kroger 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) <b>"ABC's of Living with            Parkinson's Disease            1:00 p.m. – Oak Room</b> 7:00-Movie (JR)	<b>13</b> 9:30-Flexercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR) <b>Thunder            Over            Louisville</b> 
<b>14</b> Van to Local Churches 2:00-Movie (JR) 7:00-Movie (JR)  <small>Palm Sunday</small>	<b>15</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-TOT Bible Study (KR) 3:00-BUNCO (DR) 7:30-Berlin Philharmonic (JR)	<b>16</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) <b>Wellness Center            Open House            10 a.m. to 1 p.m.</b> 11-Rock Steady Boxing (OR) 1-Parkinson's Support Group (DR) 1:30-Sit and Fit Class (OR) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat	<b>17</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Holy Week Devotion with Dr. Jim Cobban (OR) 1-Blood Pressure Clinic (WC) 1:30-Filson Club Presentation "Camp Zachary Taylor" (OR) 2:00-Catholic Mass (3 <sup>rd</sup> Floor) 7:00-Funny Bridge (KR)	<b>18</b> First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness 11:00-Lunch at Jade Palace 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) <b>2:30-Make Your Derby Hat</b> (Sign up at the Activity Table) 7:00-Movie (JR)	<b>19</b> First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Shopping at Kroger 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 4:00-Shabbos Friends (KR) 7:00-Movie (JR)  <small>Good Friday</small>	<b>20</b> 9:30-Flexercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)
<b>21</b> Van to Local Churches <b>~Easter Buffet~            11:30 a.m. to 2:00 p.m.</b>  2:00-Movie (JR) 7:00-Movie (JR)  <small>Easter Sunday</small>	<b>22</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-TOT Bible Study (KR) 7:30-Berlin Philharmonic (JR)	<b>23</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) <b>1:30-Make Your Derby Hat</b> (Sign up at the Activity Table) 2:30-Video Lecture Series (JR) *No Video Lecture Repeat*	<b>24</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Cody Nygard (OR) 1-Blood Pressure Clinic (WC) 2-Circle of Compassion (KR) 3:00-Steffany Lien U of L Feature Twirler (OR) 7:00-Funny Bridge (KR)	<b>25</b> First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness 11:00-Shopping at Kroger 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) <b>Dazzling Derby Dinner</b> 5 – Paddock Party (ML) 6-Dinner	<b>26</b> First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 9:30-Coffee Concert Bus #1 10:00-Coffee Concert Bus #2 10:15-Yoga Stretch (DR) 10:30-Coffee Concert Bus #3 10:30-Wii Bowling (KR) 2:00-Conversation on Race 7:00-Movie (JR)  <small>Arbor Day</small>	<b>27</b> 9:30-Flexercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)
<b>28</b> Van to Local Churches 2:00-Movie (JR) 7:00-Movie (JR)	<b>29</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-TOT Bible Study (KR) <b>3:00-Derby BINGO!!! (OR)</b> 7:30-Berlin Philharmonic (JR)	<b>30</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 11-Rock Steady Boxing (DR) <b>TOT DERBY            CHOW WAGON            11:30 a.m. to 1:30 p.m.</b> 1:30-Sit and Fit Class (DR) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat	 <h1>April 2019</h1> <h2>Treyton Oak Towers - Activity Calendar</h2>			