Swedish Assisted Living Residence April 2018 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jigsaw Puzzle available on 2nd & 3rd Floor Library corner	Easter Monday	 9:15 Morning Exercise (2nd Floor) 10:15 Cherry Blossom Tour(May Change due to Bloom) 1:30 Afternoon Exercise (2nd Floor) 2:30 Trivia (2nd Floor) 3:30 Removing Easter Decorations from 1st & 3rd Floor 	12 9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop 1:30 Canadian Trivia (2nd Floor) 3:00 Quarter Bingo (2F) 3:00 Music Video w/ Adam (Media Rm)		14 9:15 Morning Exercise (2nd Floor) 10:15 Food Forum Meeting (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:15 Word Jogger Game (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	 9:15 Morning Exercise (2nd Floor) 10:15 Morning Brain Game (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:30 ART CLASS (2nd Floor)
16 Jigsaw Puzzle available on 2nd & 3rd Floor Library corner	17 9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	 9:15 Morning Exercise (2nd Floor) 10:15 Cherry Blossom Tour (May Change Due to bloom) 1:30 Exercise (2nd Flr) 1:30 Decorate 3F for Beach day 3:00 Bocce (3rd Floor) 	19 9-3 Footcare Nurse Visit (w/ appointment) 10:30 Catholic Service (3f) 1:30 Afternoon Exercise (2nd Floor) 3:00 Quarter Bingo w/ Mashie (2nd Floor) 3:00 Brain Game w/ Adam (3rd Floor) 6:30 Beach Theme Pub Night w/ Leo Araujo(3F)	Tour (May Change Due to Bloom)	21 9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Words w/in Word (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	22 9:15 Morning Exercise (2nd Floor) 10:15 Morning Brain Game (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 3:00 Quarter Bingo (2nd Floor)
23 Jigsaw Puzzle available on 2nd & 3rd Floor Library corner 30	24 9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	25 9:15 Morning Exercise (2nd Floor) 10:15 Shopping Trip to Winners (Marine Way) ISERET 1:30 Afternoon exercise (2nd Floor) 2:30 Art Class (2nd Floor)	26 9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop 1:30 Super Quiz Trivia (2nd Floor) 2:30 Afternoon Music w/ Steve & Linda (3F)	27 9:15 Morning Exercise (2nd Floor) 10:15 Scenic Drive to Iona Beach 1:30 Afternoon Exercise (2nd Floor) 3:00 Quarter Bir (2nd Floor) 3:00 Music Videos (3rd Flr Media Rm)	28 9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Super Quiz Trivia (2nd Floor) 3:00 Quarter Bingo	29 9:15 Morning Exercise (2nd Floor) 10:15 Morning Brain Game (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:30 History Videos (Media Rm 3rd Floor)