























RiverCourt Residences

Reflections Activity Calendar

April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	10:30 Sing-along w/ Ukulele J 11:30 Alphabetics 1:30 Seasonal Art , Puzzle Corner or Knit 1 - Crochet 2 3:15 Walk-about  3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise 11:00 Cryptograms 1:30 Games with Grace 3:00 Walk-about 3:45 Trivia 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Gail  11:00 Gail's Choice 1:30 Van Ride 2:30 Stars for our Troops / Vets 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along  6:00 Evening Movie	10:15 Keeping Fit 11:00 The Common Factor 1:30 Games w/ Grace 2:30 Steve plays Piano (L) 3:15 Walk-about  4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Word Games w/ Carrie 1:30 Triple Treat Trivia 2:00 Catholic Mass (A) 2:45 Walk-about  3:30 Ice Cream Social 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Deb 11:00 Jingo Game 1:15 Deb's Choice  2:00 Bingo 3:30 Walk-about 4:00 Sing-along 6:00 Evening Movie
7	8	9	10	11	12	13
10:15 AM Stretch w/ Grace 11:00 Connect It 1:30 George Parker ~ Guitar (L) 2:45 Grace's Choice 3:45 Trivia 4:00 Sing-a Long  6:00 Evening Movie	10:15 AM Stretch 11:00 Matching Game 1:30 Music & memory 2:30 Restore & Stretch w/ Sharon (L) 3:45 Brain Teasers 4:15 Sing-along  6:00 Evening Movie	10:15 Trivia 10:45 Ron's Slide show (A) 1:30 Games w/ Grace 3:00 Move 'n Groove 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Share a picture ~ Tell a story 11:45 Lunch Trip to Il Forno's 3:00 Walk-about 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 11:00 Prayer & Communion (A) 1:30 Games w/ Grace 3:00 Walk-about 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	9:45 RCT Singers Road Trip 10:30 Carrie's Choice 1:30 Hymn Sing 2:30 Eric plays Guitar (L) 3:45 Brain Teasers 4:15 Sing-along  6:00 Evening Movie	10:00 Exercise w/ Deb 11:00 Tailgate Toss 1:15 Trivia 2:00 Bingo  3:30 Walk-about 4:00 Sing-along 6:00 Evening Movie
14	15	16	17	18	19	20
10:15 AM Stretch w/ Deb 11:00 Match It Game 1:15 Around the House Jingo 2:30 Walk-about 3:00 Furry Friends "Rosie & Suzie" 4:00 Sing-along 6:00 Evening Movie	10:30 Song writing w/ Ukulele J 11:30 Finish the Line Trivia 1:30 Can you Picture this? 2:30 The Upbeats perform (L) 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Warm -up Breathing 10:30 Dancing Wellness (L2) 1:30 Grace's Choice 2:30 April Birthday Party (L) 3:45 Brain Teasers  4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Bananagrams 1:30 Van Ride 3:00 Walk-about 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 10:45 Drum & Sing w/ Jonathan 12:00 Indian Hill Trip 1:30 Grace's Choice  2:30 Mark sings (L) 4:00 Catholic Mass (A) 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Ecumenical Service (A) or 11:00 Carrie's Choice 1:45 Art with Sue  3:15 Walk-about 3:30 Friday Floats 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Cheryl 11:00 Word Games 1:15 Cheryl's Choice 2:00 Bingo  3:30 Trivia 4:00 Sing-along 6:00 Evening Movie
Easter	21	22	23	24	25	26
10:15 AM Stretch w/ Cheryl 11:00 Matching Game 1:15 Short Story  2:00 Springtime Jingo 3:30 Walk-about 4:00 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Gail 11:00 Bingo Game 1:30 Travel the World w/ Postcards 2:30 Zumba w/ Sharon (L) 3:45 Brain Teasers  4:15 Sing-along 6:00 Evening Movie	10:15 Trivia 10:45 Art Matters (A) 1:30 Games with Grace 3:00 Walk-about 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Connect It 1:30 Van Ride 3:00 Walk-about 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 11:00 The Common Factor 12:30 Hidden Treasures~Art in Bloom 1:30 Word Games w/ Grace 2:30 Andy sings (L)  4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 10:30 Sing and Dance w/ Andy Ross 1:30 Hymn Sing 2:30 Dick Sawyer plays Piano (L) 3:45 Brain Teasers  4:15 Sing-along 6:00 Evening Movie	10:00 Exercise w/ Grace 11:00 Word Games 1:15 Triple Treat Trivia 2:00 Bingo  3:30 Walk-about 4:00 Sing-along 6:00 Evening Movie
28	29	30				
10:15 AM Stretch w/ Grace  11:00 Farm Bingo 1:15 Spelling Bee  2:00 Patrick plays Piano (L) 3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Three of a Kind 1:30 Math Riddle Bingo 3:00 Walk-about 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise 11:00 Games with Grace 1:15 Harvard Lanes Bowling Trip 2:00 Seasonal art / puzzles 3:30 Ethan Stone plays Piano (L) 4:15 Sing-along  6:00 Evening Movie				
 The Music & memory program is an activity for our Residents at anytime...day or night.	This calendar is subject to change. Check white board for any updates or changes in activities.	Dancing Wellness is an exercise program that benefits the Mind, Body and Spirit	Daily Activities Manicures & Hand Massages w/Aromatherapy Mitts / Wraps Reminisce Corner / 1 on 1 Time including some TLC Walk-Abouts / Afternoon Social Brain Teasers	Hidden Treasures is a specialized Art Appreciation Program held at the Fitchburg Art Museum.	Activity Location Key A- Activity Room in AL L- Living Room in AL L2- Upstairs AL Living Room	RCT Singers Road Trip We will be traveling to "Life Care of Littleton" or "Apple Valley in Ayer" for a Sing-along with Live Music provided by Andy & Deb. 