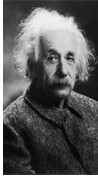












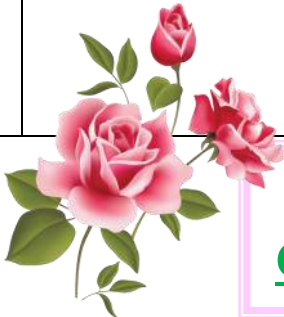








Two Week Activity Planner

April 28-May 11



<p>Sunday, 4/28 10:30 Church Service— LC 2:00 Movie — TR 7:00 Movie — TR</p> <p>Documentary: Einstein and the Bomb</p>  <p>7:00 Pokeno-LC</p> 	<p>Monday, 4/29 8:45 Fall Prevention - FC 9:30 Fall Prevention - FC 10:00 Spring Cookies Decorating - LC 1:30 Bingo- LC 2:00 Wii Bowling-FC 2:15 Meditation—TR 3:00 Brain Power-CK 7:00 Resident Led Bingo-LC</p> 	<p>Tuesday, 4/30 9:45 Cardio & Weights— FC 10:45 Outing: Trader Joe's 2:00 Tourist Tuesday— TR</p> <p>Little Europe</p>  <p>2:00 Garden with Stephanie—FC 2:30 Pokeno-LC 7:00 Poker— LY</p>	<p>Wednesday 5/1 8:45 Weights & Plates-FC 9:30 Weights & Plates- FC 10:00 Crafts with Chris—LC 1:30 Resident Led Rosary—LC 2:00 Bingo— LC 3:00 Brain Power-CK 7:00 Resident Led Bingo-LC 7:00 Devotional Reading-GR2</p> 	<p>Thursday, 5/2 8:45 Cardio Sit & Stand—FC 9:30 Cardio Weight Combo—FC 10:45—Bass Pro Shop & Buffalo Wild Wings 2:00 Talks with Diane—LY 2:00 Afternoon Movie— TR</p> <p>The Mustang</p>  <p>2:00 Tai Chi—FC 2:30 Pokeno-LC 7:00 Poker— LY</p>	<p>Friday, 5/3 8:45 Fun Fitness Friday—FC 9:30 Fitness with Bands- FC 10:00 Resident Fine Arts Social—CL2</p> <p>Cinco de Mayo themed lunch —MDR</p>   <p>1:30 Mad Hatters— CL 3:00 Happy Hour Cinco de Derby—LC</p>	<p>Saturday, 5/4 9:00 Resident Led Fitness DVD-FC 9:30 Aldi's 9:45 Bible Study—LC Kentucky Derby themed lunch—MDR</p>   <p>2:00 Joy Ride 2:00 Netflix Series</p> <p>This is Us</p> 
<p>Sunday, 5/5 10:30 Church Service— LC 2:00 Movie-TR 7:00 Movie—TR</p> <p>Fun with Dick & Jane</p>  <p>7:00 Pokeno-LC</p> 	<p>Monday, 5/6 8:45 Fall Prevention- FC 9:30 Fall Prevention- FC 10:00 Monday Manicures—LC 1:30 Bingo— LC 2:00 Wii Bowling-FC 2:15 Meditation— TR 3:00 Brain Power-CK 7:00 Resident Led Bingo-LC</p>	<p>Tuesday, 5/7 9:45 Cardio & Weights -FC 10:15 Book Club—CL2 10:45 Shopping at Hobby Lobby & Marshalls 2:00 Docuseries: Ancient Apocalypse, Ep. 3: <i>Sirius Rising</i>— TR 2:00 Garden with Stephanie—FC 2:30 Pokeno— LC 7:00 Poker— LY</p> 	<p>Wednesday, 5/8 8:00-9:30 Breakfast Buffet-CY 8:45 Weights & Plates—FC 9:30 Weights & Plates- FC 10:00 Empower Me Class: Managing Anxiety & Depression—LC 1:30 Resident Led Rosary-LC 2:00 Bingo— LC 3:00 Brain Power-CK 7:00 Resident Led Bingo— LC 7:00 Devotional Reading-GR2</p>	<p>Thursday, 5/9 8:45 Cardio Sit & Stand—FC 9:30 Cardio Weights Combo-FC 10:45 Lunch at Salt & Smoke 2:00 Afternoon Movie— TR</p> <p>Whitney Houston: I Wanna Dance with Somebody</p>  <p>2:00 Tai Chi—FC 2:30 Pokeno-LC 7:00 Poker— LY</p> 	<p>Friday, 5/10 8:45 Fun Fitness Friday—FC 9:30 Fitness with Bands- FC 10:00 Corn Hole in the Courtyard—CY2 1:00 Bookmobile-LC 1:30 Mad Hatters— CL2 3:00 Happy Hour with Live Music—LC 6:30 Mahjong—CL2 7:00 Poker-LY</p> 	<p>Saturday, 5/11 9:00 Resident Led Fitness DVD-FC 9:45 Bible Study—LC 2:00 Mother's Day Mingle—CYC 2:00 Aldi's Trip 2:00 Netflix Series—TR</p> <p>This is Us</p> 



The Activities listed in **GREEN** are Resident Led.

Sign up for all transportation listed in **RED**. Full Transportation Schedule is Available at the Front Desk.

FC- Fitness Center FC2— Fitness Center, Bldg. 2, 4th Floor LC— Lewis & Clark Room CK— Craft Kitchen TR -Theatre

















CL2— Coffee Lounge, Bldg 2 CR2— Craft Room, Bldg 2 GR2 (or3)- Game Room, Bldg 2— 2nd or 3rd Flr LY— Library MDR— Main Dining CY (or CY2)- Courtyard (1 or 2) ML— Main Lobby



Two Week Activity Planner

May 12—May 25



 <p>Sunday, 5/12 10:30 Church Service— LC 2:00 Movie— TR 7:00 Movie — TR</p> <p>Mother's Day</p>  <p>7:00 Pokeno— LC</p>	<p>Monday, 5/13</p> <p>8:45 Fall Prevention - FC 9:30 Fall Prevention - FC 10:00 HEARTS card game LC 1:30 BINGO— LC 2:00 Wii Bowling-FC 2:15 Meditation-TR 3:00 Brain Power-CK 7:00 Resident Led BINGO- LC</p> 	<p>Tuesday, 5/14</p> <p>9:45 Cardio & Weights—FC 10:30 Activities Walk—ML 2:00 Tourist Tuesday— TR</p> <p>Costa Rica</p>  <p>2:00 Garden with Stephanie—FC 2:45 Pokeno-LC 7:00 Poker-LY</p>	<p>Wednesday, 5/15</p> <p>8:45 Weights & Plates—FC 9:30 Weights & Plates- FC 10:00 Jewelry Making—LC 1:30 Resident Led Rosary— LC 2:00 Bingo—LC 3:00 Brain Power- CK 7:00 Resident Led BINGO— LC</p> 	<p>Thursday, 5/16</p> <p>8:45 Cardio Sit & Stand -FC 9:30 Cardio Weights Combo-FC 10:45 Gals on the Go: Spiro's 2:00 Resident talk w/ Bob—LY 2:00 Movie—TR A Man Called Otto</p>  <p>2:00 Tai Chi—FC 2:30 Pokeno-LC 7:00 Poker— LY</p>	<p>Friday, 5/17</p> <p>8:45 Fun Fitness Friday—FC 9:30 Fitness with Bands—FC 10:00 —New Resident Social —CL2 1:30 Mad Hatters— CL2 3:00-4:00 Happy Hour with live music—LC 6:30 Mahjong—LC 7:00 Poker— LY</p> 	<p>Saturday, 5/18</p> <p>9:00 Resident Led Fitness DVD— FC 9:30 Aldi's Trip 9:45 Bible Study— LC 2:00 Joy Ride 2:00 Netflix Series— TR This is Us</p> 
<p>Sunday, 5/19</p> <p>Sunday Champagne Brunch (Reservations Required)—CYC 10:30 Church Service— LC 2:00 Movie— TR 7:00 Movie — TR Documentary: "Secrets of the Great British Castles"</p>  <p>7:00 Pokeno— LC</p>	<p>Monday, 5/20</p> <p>8:45 Fall Prevention -FC 9:30 Fall Prevention -FC 10:00 Balloon Volleyball—ML 1:30 Bingo-LC 2:00 Wii Bowling-FC 2:15Meditation-TR 3:00 Brain Power-CK 3:00 Resident Meeting— MDR 3:00 Manan Hearing—LC 7:00 Resident Led Bingo-LC</p>	<p>Tuesday, 5/21</p> <p>9:45 Cardio & Weights—FC 10:45 Men's Lunch Outing: Wildwood Pub 2:00 Docuseries: Ancient Apocalypse Ep 4, Ghosts of a Drowned World—TR 2:00 Garden with Stephanie—FC 2:30 Pokeno— LC 2:15 Talk with the Chef-MDR 7:00 Poker— LY</p> 	<p>Wednesday, 5/22</p> <p>8:45 Weights & Plates—FC 9:30 Weights & Plates- FC 10:00 Empower Me Class: Nutrition—LC 1:30 Resident Led Rosary-LC 2:00 Bingo-LC 3:00 Brain Power-CK 7:00 Resident Led Bingo-LC 7:00 Devotional Reading-GR2</p> 	<p>Thursday, 5/23</p> <p>8:45 Cardio Sit & Stand -FC 9:30 Cardio Weights Combo-FC 10:00 Foundary Arts Center & Lunch at Firebirds, St Charles Afternoon Movie— TR You've Got Mail</p>  <p>2:00 Tai Chi—FC 2:30 Pokeno-LC 3:00 Activities Planning Meeting - CL2 7:00 Poker— LY</p> 	<p>Friday, 5/24</p> <p>8:45 Fun Fitness Friday—FC 9:30 Fitness with Bands- FC 10:00 Memorial Day Program—ML</p>  <p>1:00 Bookmobile-LC 1:30 Mad Hatters-CL2 3:00-4:00 Memorial Day Happy Hour w/ live music—LC 6:30 Mahjong-LC 7:00 Poker-LY</p> 	<p>Saturday, 5/25</p> <p>9:00 Resident Led Fitness DVD— FC 9:45 Bible Study— LC 2:00 Aldi's Trip 2:00 Netflix Series— TR This is Us</p> 



The Fountains
Senior Living of West County



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Sign up for all transportation listed in **RED**.



FC— Fitness Center FC2— Fitness Center, Bldg. 2, 4th Floor LC— Lewis & Clark Room CK— Craft Kitchen TR -Theatre
CL2— Coffee Lounge, Bldg 2 CR2— Craft Room, Bldg 2 GR2 (or3)- Game Room, Bldg 2— 2nd or 3rd Flr LY— Library MDR— Main Dining CY (or CY2)- Courtyard (1 or 2) ML— Main Lobby