

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		10:00am - Exercise Class (CC) 1 11:00am - Brain Fitness: Finish the Phrase (CC) 1:30pm - Minute to Win It: Pivot Game (CC) 3:30pm - Happy Hour (CC) All Fools' Day	10:00am - Exercise Class (CC) 2 11:00am - Crafting Hour: Air Dry Clay Jewelry Holders (CC) 1:30pm - Walking Club (Meet in Lobby) 3:00pm - Ping Pong (CC)	10:00am - Exercise Class (CC) 3 <b>10:45am - Harris Teeter (Grocery Outing)</b> 1:00pm - Bingo (CC) 2:00pm - Afternoon Stretch (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 4 10:30am - Jeopardy (CC) 12:00pm - Art with Emily (CC) 2:30pm - Liverpool Rummy (CC) 7:00pm - Friday Movie: <i>Sully</i> (MT)	5 11:00am - Trivia Crush (CC) 1:00pm - Bird Watching Club (CC) 2:00pm - Yahtzee (CC) 6:30pm - Bingo (CC)	
6 11:00am - Coffee and Chronicles (Cafe) 2:00pm - Church Service with Communion (CC) 3:30pm - <i>West Wing</i> and Jigsaw Puzzles (CC)	7 10:00am - Exercise Class (CC) 11:00am - Art Appreciation Discussion: Starry Night (CC) 1:00pm - Bingo (CC) <b>2:30pm - Meet and Greet with Christine, our New Sales Director (CC)</b>	8 10:00am - Exercise Class (CC) <b>10:45am - Dollar Tree (Shopping Outing)</b> 1:30pm - Brain Fitness: Word within a Word (CC) 3:30pm - Happy Hour (CC)	9 10:00am - Exercise Class (CC) 11:00am - Crafting Hour: Easter Craft (CC) 1:00pm - Chair Stretches (CC) <b>2:00pm - VHS Senior Life Support Group (CC)</b> 3:30pm - Ping Pong (CC)	10 10:00am - Exercise Class (CC) <b>10:45am - Lidl/Aldi (Grocery Outing)</b> 1:00pm - Bingo (CC) 2:00pm - Afternoon Stretch (CC) 3:30pm - Happy Hour (CC)	11 10:00am - Exercise Class (CC) 11:00am - Family Feud (CC) 1:30pm - Balloon Volleyball (CC) 2:30pm - Liverpool Rummy (CC) 7:00pm - Friday Movie: <i>Midnight in Paris</i> (MT)	12 11:00am - Trivia Crush (CC) 1:00pm - Bird Watching Club (CC) 2:00pm - Left, Right, Center (CC) 6:30pm - Bingo (CC) Passover Begins	
13 11:00am - Coffee and Chronicles (Cafe) 2:00pm - Palm Sunday Church Service (CC) 3:30pm - <i>West Wing</i> and Jigsaw Puzzles (CC) Palm Sunday	14 10:00am - Exercise Class (CC) 10:30am - Therapy Dogs (GR) 1:00pm - Bingo (CC) 2:00pm - Chair Exercise (CC) 3:00pm - Ping Pong (CC)	15 10:00am - Exercise Class (CC) 11:00am - Brain Fitness (CC) <b>12:00pm - Al Fresco (Lunch Outing) *Sign-up Required*</b> <b>2:00pm - Music with Transforming Life Church (CC)</b> 3:30pm - Happy Hour (CC)	16 10:00am - Exercise Class (CC) <b>10:30am - VHS Blood Pressure Clinic (CC)</b> 1:00pm - Chair Stretches (CC) <b>2:00pm - April Birthday Social with Live Entertainment (CC)</b>	17 10:00am - Exercise Class (CC) <b>10:45am - Food Lion (Grocery Outing)</b> 1:00pm - Bingo (CC) 2:00pm - Afternoon Stretch (CC) 3:30pm - Happy Hour (CC)	18 10:00am - Exercise Class (CC) 12:00pm - Art with Emily (CC) <b>3:00pm - Resident Easter Egg Hunt (Meet in Lobby)</b> 7:00pm - Friday Movie: <i>The Other Side of Heaven</i> (MT)	19 11:00am - Trivia Crush (CC) 1:00pm - Aerobic Dance Class (CC) 2:00pm - Poker (CC) 6:30pm - Bingo (CC)	
20 11:00am - Coffee and Chronicles (Cafe) 2:00pm - Easter Church Service (CC) 3:30pm - <i>West Wing</i> and Jigsaw Puzzles (CC) Easter Sunday	21 10:00am - Exercise Class (CC) 1:00pm - Bingo (CC) <b>2:00pm - The Importance of Bees Presentation with the Colonial Beekeepers Association (CC)</b> 3:30pm - Ping Pong (CC)	22 10:00am - Exercise Class (CC) <b>10:45am - Second Part of Touring Newport News Sculptures (Outing) *Sign-up Required*</b> 2:30pm - Carbon Footprints Discussion (CC) 3:30pm - Happy Hour (CC) Earth Day	23 10:00am - Exercise Class (CC) 11:00am - Crafting Hour: Painting Tote Bags (CC) <b>1:00pm - Meet with Chef Josh (CC)</b> <b>2:00pm - VHS Senior Life Support Group (CC)</b> <b>3:30pm - Ping Pong (CC)</b> Administrative Professionals Day	24 10:00am - Exercise Class (CC) <b>10:45am - Walmart (Grocery Outing)</b> 1:00pm - Bingo (CC) 2:00pm - Afternoon Stretch (CC) 3:30pm - Happy Hour (CC)	25 10:00am - Exercise Class (CC) 11:00am - History of Arbor Day (CC) 1:30pm - Balloon Volleyball (CC) 2:30pm - Liverpool Rummy (CC) 7:00pm - Friday Movie: <i>Evan Almighty</i> (MT) Arbor Day	26 11:00am - Trivia Crush (CC) 1:00pm - Aerobic Dance Class (CC) 2:00pm - Left, Right, Center (CC) 6:30pm - Bingo (CC)	
27 11:00am - Coffee and Chronicles (Cafe) 2:00pm - Church Service (CC) 3:30pm - <i>West Wing</i> and Jigsaw Puzzles (CC)	28 10:00am - Exercise Class (CC) 10:30am - Therapy Dogs (GR) 1:00pm - Bingo (CC) 2:00pm - Chair Exercise (CC) 3:00pm - Ping Pong (CC)	29 10:00am - Exercise Class (CC) 11:00am - Brain Fitness: Unscrambling Words (CC) <b>1:00pm - Patrick Henry Mall (Shopping Outing)</b> 3:30pm - Happy Hour (CC)	30 10:00am - Exercise Class (CC) 11:00am - Crafting Hour: Button Art (CC) 1:00pm - Chair Stretches (CC) 2:00pm - Solving an Unsolved Case File (CC)	 <h1>April 2025</h1>			