



Tuesday April 1st

April Fools Day

9:30 - Morning Meditation (CY)
 10:00 -Total Body Conditioning (AR)
 11:00- Daily Newsletter (AR)
 11:30- (Round Table Talks) African American Women's History
 1:30 -Hydration Station (AR)
 2:30 -Months Facts & celebration of April (AR)
 3:30-Test your April IQ (AR)
 4:00-Bible study with Caroline (AR)
 7:00- Movie Night (TR)

Wednesday April 2nd

PB&J (Peanut Butter and Jelly) Day

9:30 – Count your Steps Cardio Walking Club (CY)
 10:00 – Lower Body Conditioning (AR)
 11:30- Daily Newsletter -
 1:30-Short Stories Reading Table & Discussions (AR)
 2:30-Baking Class (AR)
 3:30-Learning to Play Cards)
 4:00 -Walking Class (TR)
 6:30-Movie Night (LR)

Thursday April 3rd

A Doris Day

9:30-Morning Meditation (CY)
 10:00 -Lower Body Conditioning (CY)
 10:30- Daily Newsletter (AR)
 11:00-Trivia Session (AR)
 12:00-Ambassador Lunch (CT)
 1:30 -Doris Day History (LR)
 3:00- Musical Scavenger Hunt (AR)
 4:00 – Stretch Band Fitness (AR)
 7:00-Movie Night (TR)

Friday April 4th

Public Library Day

9:30-Morning Meditation (CY)
 10:00-Cardio Drumming (LR)
 11:00- Bible Study (AR)
 1:30-Virtual Tour of the breathtaking space today (AR)
 2:30- Maya Angelou's Birth Anniversary Famous Poem (AR)
 3:00-Trivia Worksheets (CT)
 4:00-Total Body Fitness (AR)
 7:30-Movie Night (TR)

Saturday April 5th

Dandelion Day

9:30-Morning Meditation (CY)
 10:00-Balance Life Exercise (AR)
 11:00-Piano Music with Mary
 11:30- Daily Newsletter (AR)
 1:30- Bingo (AR)
 2:30- Dandelion Crafts (AR)
 3:30-Scenic Drive (BO)
 4:00-Cardio drumming (AR)
 7:00-Movie Night (TR)

Sunday April 6th

9:30- Morning Meditation (CY)
 10:00- Monthly Communion (AR)
 10:30- Daily Newsletter (AR)
 11:00- First Baptist Church Service (AR)
 1:00-Manicure Session (LR)
 2:30- Hydration Station (AR)
 3:30- Jenga Table (LR)
 4:00-Lay Servant Bible Study (AR)
 7:00-Movie Night (TR)

Monday April 7th

College Basketball Championship Game

9:30-Morning Meditation (CY)
 10:00- Barre Exercise (LR)
 11:00-Daily Newsletter (AR)
 1:00- Basketball Trivia Card Game (AR)
 1:30- Basketball Hoop Contest (AR)
 2:30-Engaged Life Meeting (AR)
 4:00- Total Body Conditioning (LR)
 7:00-Movie Night (TR)

Tuesday April 8th

DAB Day

9:30-Morning Meditation (CY)
 10:00-Cardio Drumming (AR)
 11:00- Manicures Social (AR)
 1:30- Afternoon Sketching Class DAB Day (CT)
 2:30-Piano Music w/ Mary (LR)
 3:00- Air Volleyball (TR)
 4:00-Bible Study w/ Caroline
 7:00-Movie Night (TR)

Wednesday April 9th

Rosie Riveter Day

9:30-Morning Meditation (CY)
 10:00 – Flow Yoga (AR)
 11:00- Daily Newsletter (AR)
 1:30- Music History:
 2:30- Discussion the Equal Pay Act (AR)
 3:30- Rosie the Riveter photo booth (CT)
 4:00 – Solo Walking Meditation (AR)
 7:00-Movie Night (TR)

Thursday April 10th

Mainstay Prom Night

9:30-Morning Meditation (CY)
 10:00 – The Basic of Static Boxing (AR)
 10:30- Daily Newsletter (AR)
 11:00- Daily Newsletter (AR)
 1:00-Afternoon Music Sing a Long (LR)
 2:30- Prom Day Preparation (AR)
 4:00-Mainstay Senior Prom (AR)
 7:00-Movie Night (TR)

Friday April 11th

National Pet Day

9:30-Morning Meditation (CY)
 10:00-Upper Body Conditioning (AR)
 10:30- Daily Newsletter (AR)
 11:00-Bible Study (AR)
 1:00-PositiviTea: Pets (AR)
 2:30-Music History: Frank Sinatra (LR)
 3:00-Brain Exercise: Flowers (AR)
 3:30- Weight Workout (AR)
 4:00– Trivia Session (LR)
 6:30-Movie Night (TR)

Saturday April 12th

Passover Begins

9:00-Morning Meditation (CY)
 10:00-Total Body Conditioning (AR)
 10:30- Daily Newsletter (AR)
 11:00-Trivia Worksheets (TR)
 1:30 Polio Vaccine/History Discussion (AR)
 2:30- Grilled Cheese Bits Cooking Class (LR)
 3:30- Music Appreciation: Jazz
 4:00-Bingo (AR)
 6:30-Movie Night (AR)

Sunday April 13th

Palm Sunday

9:30-Morning Meditation (CY)
 10:00- Marching Fitness (AR)
 10:30- Daily Newsletter (AR)
 11:00- First Baptist Church Service: (AR)
 1:30- Scrabble Day (AR)
 3:00- Literacy Appreciation (AR)
 4:00- Lay Servant Bible Study (AR)
 6:30-Movie Night (TR)

Monday April 14th

Abraham Lincoln & Abolitionist Day

9:30-Morning Meditation (CY)
 10:00-Total Body Fitness (CY)
 10:30- Daily Newsletter (AR)
 11:00-Morning Trivia :Math (LR)
 1:30- Abraham Lincoln Secret Quote (LR)
 2:30- Laughter yoga (LR)
 3:30-Cardio Drumming (AR)
 4:00-Hydration Station (AR)
 6:30- Movie Night (TR)

Tuesday April 15th

World Art Day

9:30-Morning Meditation (CY)
 10:30: Daily Newsletter (AR)
 10:00- Total Body Fitness (AR)
 11:00-Morning Manicures (AR)
 1:30-Art Class Creation (LR)
 3:00-Famous Art Work (AR)
 3:30- Stretch Band Fitness (TR)
 4:00-Bible Study with Caroline
 6:30- Movie Night (TR)

Wednesday April 16th

Stress Awareness Day

9:30-Morning Meditation (CY)
 10:00 -Pool Noodle Volleyball (AR)
 10:30- Daily Newsletter (AR)
 11:00-Tools to Manage Stress (TR)
 11:30-Manicure Social (AR)
 1:30- Art Relaxation Orchid (AR)
 2:30- Hydration Station (LR)
 3:00- Music Bingo (LR)
 4:00 -Total Body Fitness (AR)
 6:30-Movie Night (TR)

Thursday April 17th

Cheese Ball Day

9:00- Morning Meditation (CY)
 10:00-Strength & Balance (AR)
 10:30- Daily Newsletter (AR)
 11:00-Virtual Tour Cheshire Massachusetts (AR)
 2:30-80s Cheeses Ball Happy Hour
 3:30-Food for thought (AR)
 4:00-Total Body Fitness (AR)
 6:30-Movie Night (TR)

Friday April 18th

Good Friday

9:30-Morning Meditation (CY)
 10:00- Seated Yoga (AR)
 10:30-Daily Newsletter (LR)
 11:00-Bible Study (AR)
 1:30- International Day for Monuments and Sites (AR)
 2:30-News With Friends Adam Clark Chef Meteorologists (AR)
 4:00-Hydration Station (AR)
 6:30-Movie Night (TR)

Saturday April 19th

9:30-Morning Meditation (CY)
 10:00-Flexing balance (AR)
 10:30- Daily Newsletter (AR)
 11:00-Manicure Table (TR)
 1:30- Scenic Drive (AR)
 2:30-Bingo (AR)
 4:00-Total Body Fitness (AR)
 7:30-Movie Night (TR)

Sunday April 20th

Easter Sunday

9:30-Morning Meditation (CY)
 10:00- Flow Yoga (AR)
 10:30- Daily Newsletter (AR)
 11:00- First Baptist Church Service (AR)
 12:00-Easter Special Lunch
 1:30- Golden Egg Hunt (AR)
 3:00- This Day in History: What happened (LR)
 3:30-Total body Fitness (AR)
 4:00-Lay Servant Bible (TR)
 6:30-Movie Night (TR)

Monday April 21st

9:30-Morning Meditation (CY)
 10:30-Weight Workout (AR)
 10:40- Daily Newsletter (AR)
 11:00-Famous Poets (AR)
 1:30- Drama Skit Club (AR)
 3:30- Aromatherapy: Flowers (LR)
 4:00- Lower Body Conditioning (LR)
 6:30-Movie Night (TR)

Tuesday April 22nd

Earth Day

9:30-Morning Meditation (CY)
 10:00-Pool Noodle Volleyball (LR)
 10:30- Daily Newsletter (AR)
 11:00-Morning Manicures (AR)
 1:30-Zodiac & Horoscope April (LR)
 2:30- Earth Day Garden Club (CY)
 4:00-Stretch Band Fitness (AR)
 6:30-Movie Night (TR)

Wednesday April 23rd

9:30-Morning Meditation (CY)
 10:00-Posture And Stretch (CY)
 11:00- Daily Newsletter (AR)
 12:00-Picnic At the Park (BO)
 1:30- Solo Walking (LR)
 3:00-Afternoon Gaming Table (AR)
 4:00 -Stretch Band Fitness (AR)
 6:30-Movie Night (TR)

Thursday April 24th

9:30-Morning Meditation (CY)
 10:00-Weight Workout Challenge (CY)
 11:00- Daily Newsletter (AR)
 1:30-Piano Music with Mary
 2:30-Flavor Water Tasting (LR)
 3:30-Afternoon Card table (LR)
 4:00-Kathy's Book Club (L (LR)
 6:30-Movie Night (TR)

Friday April 25th

Red Hat Society Day

9:30-Morning Meditation (CY)
 10:00-Dance Fitness (AR)
 10:30- Daily Newsletter (LR)
 11:00-Bible Study
 1:30 Red Hat Society Crafting table (LR)
 3:00-Afternoon Coffee Chat (AR)
 4:30-Total Body Conditioning (HW)
 6:30-Movie Night (TR)

Saturday April 26th

Happy Birthday, Carol Burnett

9:30-Morning Meditation (CY)
 10:00- Flow Yoga (AR)
 10:30- Daily Newsletter (A)
 11:00-Manicure Table (LR)
 1:30- Music W/Mary (CT)
 2:00- Bingo (LR)
 4:00- Posture And Stretch (LR)
 6:30-Movie Night (TR)

Sunday April 27th

A Royal Palace Day

9:30-Morning Meditation (CY)
 10:00- Stretch And Flexing (CY)
 10:30-Event Newsletter (LR)
 11:00- First Baptist Church Service (AR)
 1:30- Virtual tour of the Palace of Westminster (LR)
 2:00-Bingo (CT)
 2:30-Scenic Drive (LR)
 4:00-Barre Exercise Class (LR)
 6:30-Movie Night (TR)

Monday April 28th

Humanitarian Day

9:30-Morning Meditation (CY)
 10:00-Flex & Stretch (AR)
 11:00-Bible Study (LR)
 1:30- Oskar Schindler, Discussion
 2:00-Community Choir (LR)
 3:30-Total Body Workout (AR)
 4:00-Afternoon Spelling Bee
 6:30-Movie Night (TR)

Tuesday April 29th

Forest Lake Manor Birthday Party

9:30-Morning Meditation (CY)
 10:00-Hallway Marching Fitness (AR)
 11:00-Event Newsletter (LR)
 11:30-Music History Willie Nelson Day (LR)
 1:30-Birthday Party (LR)
 2:30-Live Music (LR)
 4:00-Bible Study With Caroline (AR)
 6:30-Movie Night (TR)

Wednesday April 30th

9:30-Morning Meditation (CY)
 10:00-Cardio Drumming (LR)
 10:30-Event Newsletter (LR)
 11:00-This Day In History (TR)
 1:30-Frozen Drinks /Gardening Hour (AR)
 2:30-Uno Card Table
 3:00-Crafting Table (LR)
 4:00-Walking Meditation (TR)
 6:30-Movie Night (TR)