

**Self-Care Corner:
Connect With
a Cause**

Thinking about our own problems, big or small, can send us in a stressful spiral. Instead of fretting, direct your energy to a cause that's important to you. Spend a little time volunteering or researching organizations to support. Getting involved in charitable projects gives you a goal to focus on when you're feeling anxious or stuck.

and helping others can boost self-esteem.

**Let's Go to the
Movies Together**

We're heading to the movie theater again this month! Check the calendar for all the details, and make plans to join us on a "reel" fun movie: *"Palms!"*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
8:30 Lighthouse Chapel/ W Pastor Bart (BC) 10:00 Newspaper & Coffee (BISTRO) Open Gym - All Day (WC) 3:00 Ice Cream Sunday (BISTRO) 3:30 Virtual Meditation (THTR) 5:00 Outside Corn Hole (PATIO) 6:00 Movie (THTR)	9:45 Chair YOGA (BC) 11:30 Cardio Core (BC) 1:00 <u>Activities Meeting</u> (THTR) 1:00 Bridge (GR) 1:30 Chair Volleyball (BC) 3:00 Ancient Civilization (THTR) 3:30 Mobility (BC) 6:00 Canasta (BC) 6:30 Movie (THTR)	9:45 Beginning Balance (BC) 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (BC) 1:30 Better Balance (BC) 3:00 Total Body Strength (WC) 6:00 Canasta, Mexican Train, 42 (BC) 6:30 Movie (THTR)	9:45 Chair YOGA (BC) 11:00 <u>Lunch at Which Wich and Shopping at Trader Joe's</u> 11:30 Cardio Core (WC) 1:30 Chair Volleyball (BC) 3:30 Mobility (BC) 6:00 Ballroom Dance Class (BC) 6:30 Movie (THTR)	9:45 Beginning Balance (BC) 10:30 Bible Study (BC) 11:00 Paint <u>With Us</u> (CS) 11:00 <u>Shopping at Target</u> 11:30 Men's Strength (WC) 1:00 Balance Class W/Legacy 1:30 Better Balance (BC) 3:00 BINGO (BC) 3:30 Total Body Strength (WC) 6:00 Canasta, Mexican Train 6:30 Movie (THTR)	9:45 Chair YOGA (BC) 11:00 Count Your Blessings (THTR) 11:30 Cardio Core (WC) 1:00 Bridge (GR) 1:30 Chair Volleyball (BC) 3:30 Mobility (BC) 6:00 Canasta (BC) 6:30 Movie (THTR)	10:00 Strength and Stretch W/Caroline (WC) 12:00-2:00 <u>Autism Awareness Walk at the Conservatory Champion Forest</u> 1:00 <u>Trip to Meyer Park</u> (BUS) 3:00 Outside Corn Hole (Patio) 4:00 Phase 10 & Other Games (BC) 6:30 Movie (THTR)
8:30 Lighthouse Chapel/ W Pastor Bart (BC) 10:00 Newspaper & Coffee (BISTRO) Open Gym - All Day (WC) 3:00 Ice Cream Sunday (BISTRO) 3:30 Virtual Meditation (THTR) 5:00 Outside Corn Hole (PATIO) 6:00 Movie (THTR)	Egg Hunt With Legacy 9:45 Chair YOGA (BC) 11:30 Cardio Core (WC) 1:00 Bridge (GR) 1:00 Spanish Class (ER) 1:30 Chair Volleyball (BC) 3:00 Ancient Civilization (THTR) 3:30 Mobility (BC) 6:00 Canasta (BC) 6:30 Movie (THTR)	9:45 Beginning Balance (BC) 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (BC) 1:30 Better Balance (BC) 3:00 BINGO W/Legacy (BC) 3:30 Total Body Strength (WC) 6:00 Canasta, Mexican Train, 42 (BC) 6:30 Movie (THTR)	9:45 Chair YOGA (BC) 11:00 <u>Lunch at Pappadeaux</u> (BUS) 11:30 Cardio Core (WC) 1:30 Chair Volleyball (BC) 2:00 <u>Paint & Sip</u> (CS) 3:30 Mobility (BC) 6:00 Ballroom Dance Class (BC) 6:30 Movie (THTR)	9:45 Beginning Balance (BC) 10:30 Bible Study (BC) 11:00 Paint <u>With Us</u> (CS) 11:00 Shopping at Target 11:30 Men's Strength (WC) 1:00 Balance Class W/Legacy 1:30 Better Balance (BC) 3:00 BINGO (BC) 3:30 Total Body Strength (WC) 6:00 Canasta, Mexican Train 6:30 Movie (THTR)	9:45 Chair YOGA (BC) 11:00 Count Your Blessings (THTR) 11:30 Cardio Core (WC) 1:00 Bridge (GR) 1:30 Chair Volleyball (BC) 3:30 Mobility (BC) 6:00 Canasta (BC) 6:30 Movie (THTR)	10:00 Strength and Stretch W/Caroline (WC) 11:00 <u>Trip to Kickerillo Preserve</u> (BUS) 3:00 Outside Corn Hole (Patio) 4:00 Phase 10 And Other Games (BC) 6:30 Movie (THTR)
HAPPY EASTER! 8:30 Lighthouse Chapel/ W Pastor Bart (BC) 10:00 Newspaper & Coffee (BISTRO) 11:30-3:00 Brunch (DR) Open Gym - All Day (WC) 3:00 Ice Cream Sunday (BISTRO) 5:00 Outside Corn Hole (PATIO) 6:00 Movie (THTR)	9:45 Chair Yoga (BC) 11:30 Cardio Core (WC) 12:30 <u>Wellness Monday W/DeAndre</u> (THTR) 1:00 Bridge (GR) 1:00 Spanish Class (ER) 1:30 Chair Volleyball (BC) 3:00 Ancient Civilization (THTR) 3:30 Mobility (BC) 6:00 Canasta (BC) 6:30 Movie (THTR)	9:45 Beginning Balance (BC) 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (BC) 1:30 BETTER BALANCE (BC) 3:00 BINGO (BC) 3:30 Total Body Strength (WC) 6:00 Canasta, Mexican Train 6:30 <u>Movie Night W/SiSi: "Palms"</u> (THTR)	9:45 Chair YOGA (BC) 10:30 <u>Conservatory Community Education Series</u> (BC) 11:00 <u>Lunch at Akaihi</u> 11:30 Cardio Core (WC) 1:30 Chair Volleyball (BC) 2:00 <u>Food Forum</u> (THTR) 3:30 Mobility (BC) 6:00 Ballroom Dance Class (BC) 6:30 Movie (THTR)	9:45 Beginning Balance (BC) 10:30 Bible Study (BC) 11:00 Paint <u>With Us</u> (BC) 11:00 Shopping at Target 11:30 Men's Strength (WC) 1:00 Balance Class W/Legacy (BC) 1:30 Better Balance (BC) 3:00 BINGO (BC) 3:30 Total Body Strength (WC) 6:00 Canasta, Mexican Train 6:30 Movie (THTR)	9:45 Chair YOGA (BC) 11:00 Count Your Blessings (THTR) 11:30 Cardio Core (WC) 1:00 Bridge (GR) 1:30 Chair Volleyball (BC) 2:30 Total Body Strength (WC) 3:30 Mobility (BC) 4:00 <u>Birthday Celebration</u> (Bistro) 6:00 Canasta (BC) 6:30 Movie (THTR)	10:00 Water Aerobics W/Caroline (Pool) 11:00 <u>Trip to Star Movie Grill</u> (BUS) 3:00 Outside Corn Hole (Patio) 4:00 Phase 10 And Other Games (BC) 6:30 Movie (THTR)
8:30 Lighthouse Chapel/ W Pastor Bart (BC) 10:00 Newspaper & Coffee (BISTRO) Open Gym - All Day (WC) 3:00 Ice Cream Sunday (BISTRO) 3:30 Virtual Meditation (THTR) 5:00 Outside Corn Hole (PATIO) 6:00 Movie (THTR)	9:45 Chair Yoga (BC) 11:30 Cardio Core (WC) 1:00 Bridge (GR) 1:00 Spanish Class (ER) 1:30 Chair Volleyball (BC) 3:00 Ancient Civilization (THTR) 3:30 Mobility (BC) 6:00 Canasta (BC) 6:30 Movie (THTR)	9:45 Beginning Balance (BC) 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (BC) 1:30 Better Balance (BC) 3:00 BINGO W/Legacy (BC) 3:30 Total Body Strength (WC) 6:00 Canasta, Mexican Train, 42 (BC) 6:30 Movie (THTR)	9:45 Chair YOGA (BC) 11:00 <u>Lunch at the Chef's Table</u> (BUS) 11:30 Cardio Core (WC) 1:30 Chair Volleyball (BC) 3:00 Ambassador Meeting (THTR) 3:30 Mobility (BC) 6:00 Ballroom Dance Class (BC) 6:30 Movie (THTR)	9:45 Beginning Balance (BC) 10:30 Bible Study (BC) 11:00 Paint <u>With Us</u> (CS) 11:00 Shopping at Target 11:30 Men's Strength (WC) 1:00 Balance Class W/Legacy 1:30 Better Balance (BC) 3:00 BINGO (BC) 3:30 Total Body Strength (WC) 6:00 Canasta, Mexican Train 6:30 Movie (THTR)	9:45 Chair YOGA (BC) 11:00 Count Your Blessings (THTR) 11:30 Cardio Core (WC) 1:00 Bridge (GR) 1:30 Chair Volleyball (BC) 3:30 Mobility (BC) 6:00 Canasta (BC) 6:30 <u>Friends and Family \$5 BINGO</u> (DR) 6:30 Movie (THTR)	10:00 Strength & Stretch W/Caroline (WC) (Pool) 11:00 <u>Trip to Kickerillo Preserve</u> (BUS) 3:00 Outside Corn Hole (Patio) 4:00 Phase 10 And Other Games (BC) 6:30 Movie (THTR)