



## Activities and Events Calendar 2018

# April

Everyday: Breakfast: 9 a.m.; Morning Exercise: 10 a.m.; Lunch: 12:45 p.m.; Afternoon Physical Activity: 2:00 p.m.

	Monday	Wednesday	Friday
<b>April 2, 4, 6</b>	Music and Movement Cooking Group – Heart Healthy Snacks	<b>Outing:</b> Hopkins Library Craft – Yarn Weaving	Movie “Night” and Popcorn Showing <i>A Dog’s Purpose</i>
<b>April 9, 11, 13</b>	Card Game – Phase 10 Music – Instruments	Book Group – <i>Mockingbird</i> Current Events Series	<b>Ticketed Outing:</b> St. Paul Chamber Orchestra concert
<b>April 16, 18, 20</b>	<b>Outing:</b> Arboretum – Bee Center	Game – Dominoes Craft – Watercolors	Knitting Group Music – Karaoke
<b>April 23, 25, 27</b>	History Series – Boston Tea Party Craft – May Flower Wreath	Guest Speaker – Fire Safety Musical Activity	<b>Ticketed Outing:</b> EP Senior Center – Fitness Techniques

# May

	Monday	Wednesday	Friday
<b>April 30 May 2, 4</b>	Knitting Group Music	History Series Game – Ticket to Ride	<b>Ticketed Outing:</b> Stages Theatre: <i>Whoever You Are</i>
<b>May 7, 9, 11</b>	Craft – Origami Card Game – 10 to 1	<b>Outing:</b> Arboretum – Harrison Sculpture Garden	Mother’s Day Celebration Music
<b>May 14, 16, 18</b>	Cooking Group Guest Speaker – Dietician	Movie “Night” and Popcorn	Book Group – Book TBD Current Events Series
<b>May 21, 23, 25</b>	<b>Outing:</b> Arboretum – Origami Exhibit	Craft Music	Guest Speaker – Police Game – Rummikub
<b>May 28, 30</b>	Memorial Day Celebration Music	Stamping Group BINGO	<b>Outing:</b> Como Zoo

### In-Center Flex Activities

Visitors may participate in any of the following activity ideas at any time during their visit with us:

- Ping Pong and Basketball
- Wii (bowling, tennis, etc.)
- Reading Nook
- Puzzles and Word Games
- Board Games and Card Games
- Chess and Checkers
- Craft Corner

### Important Details

\*Register for *St. Paul Chamber Orchestra concert* by April 4

\*Register for *Fitness Techniques* by April 4.

Summary: Dr. Anna Hagen, physical therapist, learn fitness techniques and advice on how to stay strong and physically active. Learn exercise tips that will keep you from getting weak or falling.

\*Register for *Whoever You Are* by April 27

*New activities are added regularly based on participant interests and suggestions. Share your ideas today!*