

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Abbreviation Key:</b>  AR: Activity Room; UAR: Upstairs Activity Room; GR: Gathering Room; LO: Lobby; SR: Sun Room; PDR: Private Dining Room; ILDR: Independent Living Dining Room; SNP: Skilled Nursing Parlor.  *All activities are subject to change. Changes will be posted.*</p>	<p><b>1</b>  8:30 Morning Chapel <u>GR</u>  9:00 &amp; 10:30 Valet Service  9:30 Core Balance <u>LO</u>  10:00 UNO <u>LO</u>  10:30 Therapy Dog Visits <u>LO</u>  1:00 The History of April Fool's Day <u>LO</u>  2:00 Music with Margo <u>LO</u>  3:00 Bingo w/ Madelyn <u>LO</u>  All Fools' Day</p>	<p><b>2</b>  9:30 News and Coffee <u>LO</u>  10:00 Exercise Warm Up <u>LO</u>  10:30 Wellness w/Chris Coleman <u>LO</u>  12:30 Canasta <u>SR</u>  1:30 Catholic Rosary <u>UAR</u>  1:30 X-Box Bowling <u>LO</u>  3:00 Roundtable Forum w/Madelyn <u>UAR</u>  6:00 Junior League: Thunder Watch Party <u>GR</u>  Happy Birthday John Leftwich!</p>	<p><b>3</b>  9:30 News and Coffee <u>LO</u>  10:00 Strength Training <u>LO</u>  11:00 Shopping List Day  1:00 National Chocolate Mousse Day! <u>LO</u>  2:00 Jeopardy <u>LO</u>  3:00 Bingo w/Madelyn <u>LO</u></p>	<p><b>4</b>  8:30 Morning Chapel <u>GR</u>  9:30 Aerobics <u>LO</u>  10:00 Dominos <u>AR</u>  1:00 Ice Cream Social <u>LO</u>  2:00 Trivia Thursday <u>LO</u>  2:30 Chapel Service: Ron Schaulat <u>LO</u>  3:00 Wheel of Fortune <u>LO</u></p>	<p><b>5</b>  9:30 Light and Lively <u>LO</u>  10:00 Catholic Communion <u>GR</u>  10:00 X-Box Bowling <u>LO</u>  10:00 Coffee and Donuts <u>LO</u>  1:00 Creative Crafts <u>LO</u>  2:00 Sentimental Journey-Music of Doris Day-LO  2:00 Flower Centerpieces <u>LO</u>  3:00 Bingo w/Madelyn <u>LO</u></p>	<p><b>6</b>  9:00 News &amp; Coffee <u>LO</u>  9:30 Exercise <u>AR</u>  10:00 UNO <u>AR</u>  1:00 Dominos <u>AR</u>  2:00 X-Box Bowling <u>LO</u>  3:00 Bingo w/Akilah <u>LO</u></p>
<p><b>7</b>  9:00 Sunday School <u>GR</u>  9:00 News &amp;Coffee <u>AR</u>  9:30 Exercise <u>AR</u>  10:00 Sunday Paper Coupon Clipping <u>AR</u>  1:00 UNO <u>LO</u>  2:00 Dominoes <u>AR</u>  3:00 Bingo <u>LO</u>  4:00 Church Service: Bud Prentice <u>GR</u></p>	<p><b>8</b>  8:30 Morning Chapel <u>GR</u>  9:00 &amp; 10:30 Valet Service  9:30 Core Balance <u>LO</u>  10:00 UNO <u>LO</u>  10:30 Therapy Dog Visits <u>LO</u>  1:30 Outing to Penn Square Mall <u>LO</u>  3:00 Bingo w/ Madelyn <u>LO</u>  Happy Birthday Connie Magill!</p>	<p><b>9</b>  9:30 News and Coffee <u>LO</u>  10:00 Exercise Warm Up <u>LO</u>  10:30 Wellness w/Chris Coleman <u>LO</u>  12:30 Canasta <u>SR</u>  1:30 Catholic Rosary <u>UAR</u>  1:30 X-Box Bowling <u>LO</u>  3:00 Roundtable Forum w/Guyna and Shawn <u>UAR</u></p>	<p><b>10</b>  9:30 News and Coffee <u>LO</u>  10:00 Strength Training <u>LO</u>  11:00 Shopping List Day  1:00 Root Beer Float Social <u>LO</u>  2:00 Scholar Scoop w/Darin Leonardson <u>GR</u>  3:00 Bingo w/Madelyn <u>LO</u></p>	<p><b>11</b>  8:30 Morning Chapel <u>GR</u>  9:30 Aerobics <u>LO</u>  10:00 Dominos <u>AR</u>  1:00 Trivia Thursday  2:00 Entertainment w/Tom Blalock <u>LO</u>  2:30 Chapel Service: Myron Harms <u>GR</u>  3:00 Wheel of Fortune <u>LO</u></p>	<p><b>12</b>  9:30 Light and Lively <u>LO</u>  10:00 X-Box Bowling <u>LO</u>  10:00 Coffee and Donuts <u>LO</u>  1:00 Creative Crafts <u>LO</u>  2:00 Flower Centerpieces <u>LO</u>  3:00 Bingo w/Madelyn <u>LO</u>  Happy Birthday Travis Thomas!</p>	<p><b>13</b>  9:00 News &amp; Coffee <u>LO</u>  9:30 Exercise <u>AR</u>  10:00-2:00 OU Big Event  10:00 UNO <u>AR</u>  1:00 Dominos <u>AR</u>  2:00 X-Box Bowling <u>LO</u>  3:00 Bingo w/Akilah <u>LO</u></p>
<p><b>14</b>  9:00 Sunday School <u>GR</u>  9:00 News &amp;Coffee <u>AR</u>  9:30 Exercise <u>AR</u>  10:00 Sunday Paper Coupon Clipping <u>AR</u>  1:00 UNO <u>LO</u>  2:00 Dominoes <u>AR</u>  3:00 Bingo <u>LO</u>  4:00 Church Service: Rev. Mike Brooks <u>GR</u>  Palm Sunday</p>	<p><b>15</b>  8:30 Morning Chapel <u>GR</u>  9:00 &amp; 10:30 Valet Service  9:30 Core Balance <u>LO</u>  10:00 UNO <u>LO</u>  10:30 Therapy Dog Visits <u>LO</u>  1:30 Bingo w/Madelyn  3:00 Storytime w/Tom Barnard <u>LO</u></p>	<p><b>16</b>  9:30 News and Coffee <u>LO</u>  10:00 Exercise Warm Up <u>LO</u>  10:30 Wellness w/Chris Coleman <u>LO</u>  12:30 Canasta <u>SR</u>  1:30 Catholic Rosary <u>UAR</u>  1:30 X-Box Bowling <u>LO</u>  3:00 Roundtable Forum w/Danny <u>UAR</u></p>	<p><b>17</b>  9:30 News and Coffee <u>LO</u>  10:00 Strength Training <u>LO</u>  11:00 Shopping List Day  1:45 Entertainment w/Dave Rosko <u>LO</u>  3:00 Bingo w/Madelyn <u>LO</u></p>	<p><b>18</b>  8:30 Morning Chapel <u>GR</u>  9:30 Aerobics <u>LO</u>  10:00 Dominos <u>AR</u>  1:00 National Animal Cracker Day! <u>LO</u>  2:00 Trivia Thursday <u>LO</u>  2:30 Chapel Service: Fred Muenchow <u>GR</u>  3:00 Wheel of Fortune <u>LO</u></p>	<p><b>19</b>  9:30 Light and Lively <u>LO</u>  10:00 Catholic Communion <u>GR</u>  10:00 X-Box Bowling <u>LO</u>  10:00 Coffee and Donuts <u>LO</u>  1:00 Flower Centerpieces <u>LO</u>  2:00 Good Friday Creative Craft <u>LO</u>  3:00 Bingo w/Madelyn <u>LO</u>  Good Friday</p>	<p><b>20</b>  9:00 News &amp; Coffee <u>LO</u>  9:30 Exercise <u>AR</u>  10:00 UNO <u>AR</u>  1:00 Dominos <u>AR</u>  2:00 X-Box Bowling <u>LO</u>  3:00 Bingo w/Akilah <u>LO</u></p>
<p><b>21</b>  9:00 Sunday School <u>GR</u>  9:00 News &amp;Coffee <u>AR</u>  9:30 Exercise <u>AR</u>  10:00 Sunday Paper Coupon Clipping <u>AR</u>  1:00 UNO <u>LO</u>  2:00 Dominoes <u>AR</u>  3:00 Bingo <u>LO</u>  4:00 Church Service: Rev. Jim Williams <u>GR</u>  Easter Sunday</p>	<p><b>22</b>  8:30 Morning Chapel <u>GR</u>  9:00 &amp; 10:30 Valet Service  9:30 Core Balance <u>LO</u>  10:00 UNO <u>LO</u>  10:30 Therapy Dog Visits <u>LO</u>  1:30 Earth Day Social: Earth Day Family Feud w/snacks and refreshments <u>LO</u>  3:00 Bingo w/ Madelyn <u>LO</u>  Earth Day</p>	<p><b>23</b>  Picnic Day!  9:30 News and Coffee <u>LO</u>  10:00 Exercise Warm Up <u>LO</u>  10:30 Wellness w/Chris Coleman <u>LO</u>  12:30 Canasta <u>SR</u>  1:30 Catholic Rosary <u>UAR</u>  1:30 X-Box Bowling <u>LO</u>  2:00 Outside Games-SR  3:00 Roundtable Forum w/Teresa <u>UAR</u></p>	<p><b>24</b>  9:30 News and Coffee <u>LO</u>  10:15 Arts Festival Outing: Bicentennial Park  1:00 Strength Training <u>LO</u>  2:00 Scholar Scoop w/Kyle Dillingham <u>GR</u>  3:00 Bingo w/Madelyn <u>LO</u>  4:30-7:30 Potbelly Sandwich Shop: Fundraiser for Employee Scholarship Fund</p>	<p><b>25</b>  8:30 Morning Chapel <u>GR</u>  9:30 Aerobics <u>LO</u>  10:00 Dominos <u>AR</u>  1:00 Trivia Thursday  2:00 Entertainment w/Joe Boucherie <u>LO</u>  2:30 Chapel Service: W.R. Rains-GR  3:00 Wheel of Fortune <u>LO</u></p>	<p><b>26</b>  9:30 Light and Lively <u>LO</u>  10:00 X-Box Bowling <u>LO</u>  10:00 Coffee and Donuts <u>LO</u>  12:30 Outing to Riverwind Casino <u>IL Lobby</u>  1:00 Flower Centerpieces <u>LO</u>  2:00 Entertainment w/Kam <u>LO</u>  3:00 Bingo w/Madelyn <u>LO</u>  Arbor Day</p>	<p><b>27</b>  9:00 News &amp; Coffee <u>LO</u>  9:30 Exercise <u>AR</u>  10:00 UNO <u>AR</u>  1:00 Dominos <u>AR</u>  2:00 X-Box Bowling <u>LO</u>  3:00 Bingo w/Akilah <u>LO</u></p>
<p><b>28</b>  9:00 Sunday School <u>GR</u>  9:00 News &amp;Coffee <u>AR</u>  9:30 Exercise <u>AR</u>  10:00 Sunday Paper Coupon Clipping <u>AR</u>  1:00 UNO <u>LO</u>  2:00 Dominoes <u>AR</u>  3:00 Bingo <u>LO</u>  4:00 Church Service: Rev. Daniel Mobleby <u>GR</u></p>	<p><b>29</b>  8:30 Morning Chapel <u>GR</u>  9:00 &amp; 10:30 Valet Service  9:30 Core Balance <u>LO</u>  10:00 UNO <u>LO</u>  10:30 Therapy Dog Visits <u>LO</u>  1:30 Route 66 Outing: Let's Travel to Pops <u>LO</u></p>	<p><b>30</b>  9:30 News and Coffee <u>LO</u>  10:00 Exercise Warm Up <u>LO</u>  10:30 Wellness w/Chris Coleman <u>LO</u>  12:30 Canasta <u>SR</u>  1:30 Catholic Rosary <u>UAR</u>  2:00 April Birthday Social w/ The Oklahoma Centenarian Club <u>LO</u>  3:00 X-Box Bowling <u>LO</u></p>	 <p><b>April 2019</b>  <b>Concordia Assisted Living</b></p>			

The Colors indicate the 7 realms of wellness: Physical, Spiritual, Vocational, Social, Intellectual, Environmental, and Emotional