



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Abbreviation Key  
 AL-Assisted Living  
 ALUP-Assisted Living Upstairs  
 AR-Art Room BS-Beauty Shop  
 DR-Dining Room EL-East Lawn  
 FC-Fitness Center  
 GR-Gathering Room  
 LI-Library L-Lobby  
 MS-Memory Support  
 PDR- Private Dining Room  
 P-Parlor SN-Skilled Nursing

8:30 Morning Devotional-GR  
 9:00 & 10:30 Valet Service  
 10:00 Stretch & Strength-FC  
 11:00 Balance & Mobility-FC  
 1:00 Wii Bowling- FC  
 1:30 Out to Penn Square Mall  
 3:00 Boxing for Better Balance-FC  
 6:00 Bridge – LI  
 6:30 Bingo –GR

9:30 Tai Chi w/ Chris-FC  
 10:00 Wii Bowling- FC  
 10:30 Women's Bible Study-PDR  
 12:30 Canasta-LI  
 1:30 Catholic Rosary-ALUP  
 2:00 The Great Courses—GR  
 2:00 PB& J Day-PDR  
 4:00 Dance Class-FC  
 6:00 Junior League-GR  
 Thundery Party  
 6:00 Rummikub-P  
 6:00 Mexican Train – L

10:00 Aerobic Exercise-FC  
 10:30 Bible Study-GR  
 11:00 Bands & Balance-FC  
 12:30 Rummikub –AR  
 1:00 Pinochle –LI  
 3:00 Resident Council-PDR  
 3:00 Rock Steady Boxing-FC  
 4:00 External Rock Steady Boxing-FC  
 5:30-7:30 Summer's Painting Party-GR  
 6:00 Canasta – P  
 6:00 Scrabble-AR

8:30 Morning Devotional-GR  
 9:30 Yoga w/ Chris-FC  
 10:30 Stability Ball w/ Chris-FC  
 12:30 Canasta-LI  
 2:30 Chapel Service:  
 Ron Schaulat – GR  
 6:30 Bingo –GR

9:00 & 10:30 Valet Service  
 10:00 Catholic Communion-GR  
 10:00 Balance Workout-FC  
 11:00 Balance & Mobility w/ Chris-FC  
 12:30 Litter Blitz- Pat Murphy  
 12:30 Flower Centerpieces-PDR  
 2:00 Sentimental Journey- Music of Doris Day by Patty Carver-GR  
 3:00 Boxing for Better Balance-FC  
 6:00 Bridge-LI

1:00 Mahjong –P  
 1:00 Pinochle-P  
 1:30 Rummikub –AR  
 2:00 Card Games - P  
 Happy Birthday  
 Norma Schafer!

All Fools' Day

9:00 Sunday School-GR  
 10:30 Concordia Brunch-DR  
 12:00 Concordia Brunch-DR  
 4:00 Church Service:  
 Bud Prentice-GR

8:30 Morning Devotional-GR  
 9-5 Cancer Screenings-PDR  
 9:00 & 10:30 Valet Service  
 10:00 Stretch & Strength –FC  
 10:30 Memory Sing-a-Long-MS  
 11:00 Balance & Mobility w/ Chris-FC  
 1:00 Wii Bowling- FC  
 3:00 Boxing for Better Balance-FC  
 6:00 Bridge – LI  
 6:30 Bingo –GR

9:00 Senior Day at the Capitol  
 9:30 Tai Chi w/ Chris-FC  
 10:00 Wii Bowling- FC  
 10:30 Women's Bible Study-PDR  
 12:30 Canasta-LI  
 1:30 Catholic Rosary-ALUP  
 1:30 Caregivers Support-PDR  
 2:00 The Great Courses—GR  
 2:30 Kitchen Tours-DR  
 4:00 Dance Class-FC  
 6:00 Rummikub-AR  
 6:00 Mexican Train – LI

10:00 Aerobic Exercise-FC  
 10:30 Bible Study-GR  
 11:00 Bands & Balance w/ Chris-FC  
 12:30 Rummikub –AR  
 1:00 Pinochle –LI  
 2:00 Scholar Scoop-DR  
 Darin Leonardson  
 3:00 Taste of Concordia-GR  
 3:00 Rock Steady Boxing-FC  
 4:00 External Rock Steady Boxing-FC  
 6:00 Canasta – P  
 6:00 Scrabble-AR

8:30 Morning Devotional-GR  
 9:30 Yoga w/ Chris-FC  
 10:30 Stability Ball w/ Chris-FC  
 12:30 Canasta-LI  
 2:30 Chapel Service  
 Myron Harms -GR  
 6:30 Bingo-GR  
 Happy Birthday  
 Mary Lessly!

9:00 & 10:30 Valet Service  
 10:00 Balance Workout-FC  
 11:00 Balance & Mobility w/ Chris-FC  
 12:30 Flower Centerpieces-PDR  
 2:00 Alpaca Trip-Newcastle  
 3:00 Boxing for Better Balance-FC  
 6:00 Bridge –LI

10-2:00pm OU Big Event-AL  
 1:00 Mahjong –P  
 1:00 Pinochle-P  
 1:30 Rummikub –AR  
 2:00 Card Games - P  
 Happy Birthday  
 Dovie Kaspar!

9:00 Sunday School-GR  
 10:30 Concordia Brunch-DR  
 12:00 Concordia Brunch-DR  
 4:00 Church Service:  
 Rev. Mike Brooks-GR  
 Happy Birthday  
 Jerald Hildebrand!

8:30 Morning Devotional-GR  
 9:00 & 10:30 Valet Service  
 10:00 Stretch & Strength –FC  
 11:00 Balance & Mobility w/ Chris-FC  
 1:00 Wii Bowling-FC  
 3:00 Tom's Story Book-AL  
 3:00 Boxing for Better Balance-FC  
 3:30 Activities and Wellness- PDR  
 6:00 Bridge – LI  
 6:30 Bingo-GR

9:30 Tai Chi w/ Chris-FC  
 10:00 Wii Bowling- FC  
 10:30 Women's Bible Study-PDR  
 12:30 Canasta-LI  
 1:30 Catholic Rosary-ALUP  
 2:00 New Resident Party-GR  
 4:00 Dance Class-FC  
 6:00 Junior League-GR  
 6:00 Rummikub-P  
 6:00 Mexican Train – LI  
 Happy Birthday  
 Betty Myers!

10:00 Aerobic Exercise-FC  
 10:30 Bible Study-GR  
 11:00 Bands & Balance w/ Chris-FC  
 12:30 Rummikub –AR  
 1-3 Resident Feedback-GR  
 1:00 Pinochle –LI  
 3:00 Rock Steady Boxing-FC  
 4:00 External Rock Steady Boxing-FC  
 6:00 Canasta – P  
 6:00 Scrabble-AR

8:30 Morning Devotional-GR  
 9:30 Yoga w/ Chris-FC  
 10:30 Stability Ball w/ Chris-FC  
 11:30 Animal Cracker Day-DR  
 12:30 Canasta-LI  
 2:30 Chapel Service:  
 Fred Muenchow–GR  
 3:15 Food Committee- PDR  
 6:30 Bingo-GR

9:00 & 10:30 Valet Service  
 10:00 Catholic Communion-GR  
 10:00 Balance Workout-FC  
 11:00 Balance & Mobility w/ Chris-FC  
 12:30 Flower Centerpieces-PDR  
 2:00 Who Are You Going to Call-GR  
 3:00 Boxing for Better Balance-FC  
 6:00 Bridge –LI  
 Happy Birthday  
 Don Connelly

1:00 Mahjong –P  
 1:00 Pinochle-P  
 1:30 Rummikub –AR  
 2:00 Card Games - P  
 Happy Birthday  
 Lucy Jacoby!

Palm Sunday

Good Friday

9:00 Sunday School-GR  
 10:30 Concordia Easter Brunch-DR  
 12:00 Concordia Easter Brunch-DR  
 4:00 Church Service:  
 Rev. Jim Williams -GR

8:30 Morning Devotional-GR  
 9:00 & 10:30 Valet Service  
 10:00 Stretch & Strength –FC  
 10:30 Memory Sing-a-Long-MS  
 11:00 Balance & Mobility w/ Chris-FC  
 1:00 Wii Bowling- FC  
 2:00 Staff Earth Games- EL  
 3:00 Boxing for Better Balance-FC  
 3:00 Grounds Meeting-PDR  
 6:00 Bridge – LI  
 6:30 Bingo –GR

9:30 Tai Chi w/ Chris-FC  
 10:00 Wii Bowling- FC  
 10:30 Women's Bible Study-PDR  
 11:30-1 Picnic Buffet-DR  
 12:30 Canasta-LI  
 1:30 Catholic Rosary-ALUP  
 1:30 Caregivers Support-PDR  
 2:00 Outside Picnic Games-Patio  
 6:00 Rummikub-P  
 6:00 Mexican Train – LI  
 Happy Birthday  
 Joan Dozier!

10:00 Aerobic Exercise-FC  
 10:15 Art Festival-Bicentennial Park  
 10:30 Bible Study-GR  
 11:00 Bands & Balance w/ Chris-FC  
 12:30 Rummikub –AR  
 1:00 Pinochle –LI  
 2:00 Scholar Scoop-GR  
 Kyle Dillingham  
 3:00 Rock Steady Boxing-FC  
 4:00 External Rock Steady Boxing-FC  
 4:30 Out to Eat: Pot Belly  
 6:00 Canasta – P  
 6:00 Book Club-PDR

8:30 Morning Devotional-GR  
 9:30 Yoga w/ Chris-FC  
 10:00 Coffee w/ Paige-PDR  
 10:30 Stability Ball w/ Chris-FC  
 11:30 Ladies Aux. Meeting-GR  
 12:30 Canasta-LI  
 2:30 Chapel Service  
 W.R. Rains-GR  
 3:30 April Birthday Party & Happy Hour-L  
 6:30 Bingo-GR

9:00 & 10:30 Valet Service  
 10:00 Balance Workout-FC  
 11:00 Balance & Mobility w/ Chris-FC  
 12:30 Flower Centerpieces-PDR  
 12:30 Out to Casino!-Riverwind  
 3:00 Boxing for Better Balance-FC  
 6:00 Bridge –LI  
 6:30 Concert of Love- \$Edmond  
 Happy Birthday  
 Mattie Cory!

Easter Sunday

Earth Day

Arbor Day

9:00 Sunday School-GR  
 10:30 Concordia Brunch-DR  
 12:00 Concordia Brunch-DR  
 4:00 Church Service:  
 Rev. Daniel Mobley -GR

8:30 Morning Devotional-GR  
 9:00 & 10:30 Valet Service  
 10:00 Stretch & Strength –FC  
 11:00 Women's lunch: Cool Greens  
 11:00 Balance & Mobility w/ Chris-FC  
 1:00 Wii Bowling- FC  
 3:00 Boxing for Better Balance-FC  
 6:00 Bridge – LI  
 6:30 Bingo –GR

9:30 Tai Chi w/ Chris-FC  
 10:00 Wii Bowling- FC  
 10:30 Women's Bible Study-PDR  
 12:30 Canasta-LI  
 1:30 Catholic Rosary-ALUP  
 2:00 The Great Courses—GR  
 3:00 Town Hall Meeting-GR  
 4:00 Dance Class-FC  
 6:00 Rummikub-P  
 6:00 Mexican Train – LI

**April 2019**  
 Independent Living Calendar

The Colors Indicate the 7 Realms of Wellness: Intellectual, Emotional, Social, Vocational, Spiritual, Physical, and Environmental