

# livfun

Mackenzie Place  
COLORADO SPRINGS

APRIL 2019 • SONGS OF SPRING

## The Nation's Library

With its mission to preserve and provide knowledge, the Library of Congress was founded April 24, 1800, in Washington, D.C., and has grown to become the largest library in the world.

Beginning as a small collection of books housed inside the new U.S. Capitol building, the library served as a resource for members of Congress. During the War of 1812, the British set fire to the Capitol, destroying the library. To help rebuild it, former President Thomas Jefferson sold his personal collection of 6,500 books to Congress.

The library eventually outgrew its space in the Capitol, so a separate building was constructed. When the massive structure opened in 1897, it was praised for its stunning architecture and artwork. Around this time, the library also expanded its purpose, making its materials more accessible to the public and serving as the national library of the American people.

Now comprising three buildings, the ever-growing Library of Congress contains more than 167 million items – books, films, photos, newspapers, maps, sheet music and more – from all over the globe.

Those who live outside of Washington, D.C., can make virtual visits to access the library's collections through its website, LOC.gov.



## Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

**Dogwood** – Native to North America, the dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had dogwoods planted at their estates.

**Japanese flowering cherry** – This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

**Magnolia** – Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, magnolias are often associated with the South, but varieties are grown in every region.

**Eastern redbud** – Dainty clusters of magenta blooms attract butterflies and birds to the redbud, which grows primarily in the eastern half of the U.S.

## Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

**Presidential pitches:** It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

**Concession stands:** Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

**Numbered uniforms:** Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

**Organ music:** The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

**Night games:** On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

**Foul balls:** The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.

## Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.

## Military Camouflage

Blending in with the environment is an essential aspect of military operations. Camouflage uniforms were developed to help soldiers disguise themselves on the battlefield.

Prior to the 1900s, combat troops wore colorful uniforms that made them visible to generals and distinguished them from the enemy. This changed during World War I with the rise of trench and aerial warfare, which made it crucial for soldiers to remain undetected. The U.S. Army began to employ artists to create camouflage uniforms.

Camouflage comes from the French word *camoufler*, meaning "to disguise." Made to keep military forces hidden, camouflage designs are based on the terrain where units are deployed and are usually mottled patterns in shades of green, brown, black and gray. One of the earliest patterns was called frog skin, with spots that blended in with jungle foliage. Over the years, designs resembling trees, tiger stripes and even chocolate chip cookie dough have helped hide soldiers in forest, desert and urban locations.

Military camouflage design has become more complex, with computers now generating digital patterns based on neuroscience.

## Catch a Ride on a Carousel

Where can you ride a horse, a tiger or even a unicorn? On a carousel!

They're amusement rides now, but carousels began in the Middle Ages as a way for warriors and knights to practice combat skills. The men sat on wooden horses attached to a central pole and played jousting games while a person or trained animal rotated the pole.

By the 1800s, carousels began to appear as rides at fairs and carnivals across Europe. An operator used a hand crank or rope to spin the structure. The wooden horses were not attached to a platform below, so they swung outward, and the ride was called a "flying horses carousel."

As carousels grew in popularity, their designs became more complex. Platforms were added to stabilize the structures. Elaborately decorated zoo animals and fairy-tale beasts, such as elephants, giraffes and dragons, joined horses on the merry-go-rounds. Steam power and then electricity fueled gears that allowed the rides to move up and down in addition to rotating, and pipe organ music and lights added to the entertainment.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Transportation</b> <b>Monday, 8:30 a.m. &amp; 1 p.m.:</b> Austin Bluffs, Academy, N. Union, N. Nevada <b>Tuesday, 8:30 a.m. &amp; 1 p.m.:</b> Powers, Austin Bluffs, Academy & Union <b>Wednesday, 1 p.m.:</b> Uintah Gardens, Downtown, Manitou, Bon Shopping <b>Thursday, Outing Days:</b> Sign Up In The Book <b>Friday, 8:30 a.m. &amp; 1 p.m.:</b> Academy & Platte, N. Circle, Uintah, Union	9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM <b>10:00 Wii Bowling, TH</b> 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF <b>1:00 Resident-Led Bridge, CR</b> 1:00 Mexican Train Dominoes, L 2:00 Ping Pong, PF 2:15 Poker, B <b>6:30 Life Tree Cafe Discussion Group, BLM</b>	9:15 Head to Toe 30, PF 10:00 Poker Dice, B 10:00 Arbours Head to Toe, L 10:45 Balance Principles, PF 1:30 Poker, B <b>3:00 Afternoon Movie, TH</b> 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM	9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 9:30 Seamstress, PF 10:00 Ask An Attorney, LB 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL <b>11:00 TOWN HALL MEETING, BLM</b> 3:00 Balance Beginners, PF	<b>9:00 Cripple Creek, O</b> 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:30 Uno, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B <b>3:00 Afternoon Movie, TH</b> 3:00 Head to Toe 30, PF	9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B <b>10:00 Wii Bowling, TH</b> 10:00 Bunco, L <b>10:15 Positively Living with Daniel, CR</b> <i>MP Discussion Group (Socrates), BLM</i> 1:00 Chair Yoga, PF <b>2:30 Happy Hour with the Christians, B</b> 3:00 Balance Beginners, PF <b>6:30 New Release Movie Night, TH</b>	9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:30 Walking Club with Rebecca, PF <b>3:00 Afternoon Movie, TH</b> 3:30 Tai Chi Flow, PF 4:15 Seated Tai Chi, PF
9:15 Head to Toe 30, PF 10:30 Nondenominational Services, BLM <b>11:00 Sunday Brunch Buffet, B</b> 11:00 Aqua Motion, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Sunday Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B <b>4:00 Hymns of Faith Singalong with Gordon Johnson, AL</b> 5:30 Bingo Night!, BLM	9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM <b>10:00 Wii Bowling, TH</b> 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF <b>1:00 Resident-Led Bridge, CR</b> 2:00 Ping Pong, PF 2:15 Poker, B <b>4:30 Dinner Outing: Marigold Cafe &amp; Bakery, O</b> <b>6:30 Life Tree Cafe Discussion Group, BLM</b>	9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L <b>10:30 Low Vision Support Group, CR</b> 10:45 Balance Principles, PF <b>11:30 Lunch &amp; Learn, BLM</b> 1:30 Poker, B <b>3:00 Afternoon Movie, TH</b> 3:00 Head to Toe 30, PF <b>3:00 Bingo!, BLM</b>	9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF <b>10:00 MACKENZIE PLACE 101, TH</b> 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 1:00 Tiddly Wink Dominoes, L <b>3:00 Dessert &amp; Piano with Bud, PL</b> 3:00 Balance Beginners, PF	<b>9:00 Lunch &amp; Denver Aquarium, O</b> 9:15 Head to Toe 30, PF 10:00 Pikes Peak Library, B 10:00 Arbours Head to Toe 30, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B <b>3:00 Afternoon Movie, TH</b> 3:00 Head to Toe 30, PF <b>4:30 Mackenzie's 11th Anniversary, B</b>	9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B <b>10:00 Wii Bowling, TH</b> 10:00 Candy Bingo, L <b>10:15 Positively Living with Daniel, CR</b> Chair Yoga, PF <b>2:30 MARCH BIRTHDAY BASH WITH GEORGE SISNEROS, B</b> 3:00 Balance Beginners, PF <b>6:30 New Release Movie Night, TH</b>	9:00 Golf Acres Mobile Optical, B 9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:30 Walking Club with Rebecca, PF <b>3:00 Afternoon Movie, TH</b> 3:30 Tai Chi Flow, PF 4:15 Seated Tai Chi, PF
<b>PALM SUNDAY</b> 9:15 Head to Toe 30, PF 10:30 Nondenominational Services, BLM <b>11:00 Sunday Brunch Buffet, B</b> <b>11:00 Music by Dale Miller, PDR</b> 11:00 Aqua Motion, PFPL 2:00 Sunday Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B <b>4:00 Hymns with Gordon Johnson, AL</b> 5:30 Bingo Night!, BLM	9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM <b>10:00 Wii Bowling, TH</b> 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF <b>1:00 Resident-Led Bridge, CR</b> 1:00 Mexican Train Dominoes, L 2:00 Ping Pong, PF 2:15 Poker, B <b>6:30 Life Tree Cafe Discussion Group, BLM</b>	9:15 Head to Toe 30, PF <b>10:00 Vitals Clinic with Optimal, LB</b> 10:00 Arbours Head to Toe, L <b>10:00 Easter Craft, CR</b> 10:45 Balance Principles, PF 1:30 Poker, B <b>3:00 Afternoon Movie, TH</b> 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM	9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF <b>10:30 Jewelry Making with Rita, CR</b> 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 3:00 Balance Beginners, PF	9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:30 Uno, L 10:45 Balance Principles, PF <b>11:00 Lunch &amp; Movie, O</b> 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B <b>3:00 Afternoon Movie, TH</b> 3:00 Head to Toe 30, PF	<b>GOOD FRIDAY</b> <b>PASSOVER BEGINS AT SUNSET</b> 9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B <b>10:00 Wii Bowling, TH</b> 10:00 Bunco, L <b>10:15 Positively Living with Daniel, CR</b> <i>MP Discussion Group (Socrates), BLM</i> Chair Yoga, PF <b>3:00 Happy Hour with Brian Usher, B</b> 3:00 Balance Beginners, PF <b>6:30 New Release Movie Night, TH</b>	9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:30 Walking Club with Rebecca, PF <b>3:00 Afternoon Movie, TH</b> 3:30 Tai Chi Flow, PF 4:15 Seated Tai Chi, PF
<b>EASTER SUNDAY</b> 9:15 Head to Toe 30, PF <b>10:00 Easter Egg Hunt, B</b> 10:30 Nondenominational Services, BLM <b>11:00 Sunday Brunch Buffet, B</b> 11:00 Aqua Motion, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Poker, B 2:00 Sunday Afternoon Movie, TH 3:15 Bunco!, B <b>4:00 Hymns of Faith Singalong with Gordon Johnson, AL</b> 5:30 Bingo Night!, BLM	<b>EARTH DAY</b> 9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM <b>10:00 Wii Bowling, TH</b> 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF <b>1:00 Resident-Led Bridge, CR</b> 2:00 Ping Pong, PF 2:15 Poker, B <b>4:30 Dinner Outing: Mason Jar, O</b> <b>6:30 Life Tree Cafe Discussion Group, BLM</b>	9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 10:45 Balance Principles, PF 1:30 Poker, B <b>3:00 Afternoon Movie, TH</b> <b>3:00 DOUBLE JACKPOT BINGO PRESENTED BY AMADA, BLM</b> 3:00 Head to Toe 30, PF	9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL <b>3:00 Dessert &amp; Keyboard with Bobby Jackson, PL</b> 3:00 Balance Beginners, PF	<b>9:00 Breakfast Outing: Omelette Parlor, O</b> 9:15 Head to Toe 30, PF 10:00 Pikes Peak Library, B 10:00 Arbours Head to Toe 30, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B <b>3:00 Afternoon Movie, TH</b> 3:00 Head to Toe 30, PF <b>3:30 BOOK CLUB, CR</b>	9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B <b>10:00 Wii Bowling, TH</b> 10:00 Candy Bingo, L <b>10:15 Positively Living with Daniel, CR</b> Chair Yoga, PF <b>1:30 Art for All Ages, CR</b> <b>2:30 Friday Entertainment with Gus Meza, B</b> 3:00 Balance Beginners, PF <b>6:30 New Release Movie Night, TH</b>	9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:30 Walking Club with Rebecca, PF <b>3:00 Afternoon Movie, TH</b> 3:30 Tai Chi Flow, PF 4:15 Seated Tai Chi, PF
9:15 Head to Toe 30, PF 10:30 Nondenominational Services, BLM <b>11:00 Sunday Brunch Buffet, B</b> 11:00 Aqua Motion, PFPL 2:00 Poker, B 2:00 Sunday Afternoon Movie, TH 3:15 Bunco!, B <b>4:00 Hymns with Gordon Johnson, AL</b> 5:30 Bingo Night!, BLM	9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM <b>10:00 Wii Bowling, TH</b> 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF <b>1:00 Resident-Led Bridge, CR</b> 1:00 Mexican Train Dominoes, L 2:00 Ping Pong, PF 2:15 Poker, B <b>6:30 Life Tree Cafe Discussion Group, BLM</b>	9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 10:45 Balance Principles, PF 1:30 Poker, B <b>3:00 Afternoon Movie, TH</b> 3:00 Head to Toe 30, PF	<b>Locations</b> Arbours Lobby, AL Arbours Loft, L Arbours Piano Lounge, PL Arbours Theatre, AT Ballroom, BLM Bistro, B Creative Arts Room, CR Game Room, GR Library, LB Living Room, LR Nancy Lewis Park, NLP Outing, O Outing \$, O-\$	Palmer's Dining Room, PDR Prepaid Outing \$, PPO-\$ PrimeFit, PF PrimeFit Pool, PFPL Stratton's Dining Room, SDR Terrace Driveway, TD Theatre, TH	<b>Birthdays</b> Ed Gilroy, 2nd Perry Bach, 8th Jeanine Woodward, 8th Blaine Rush, 9th Joan Magee, 9th Helen Barrett, 15th	Mary Wiltse, 18th Sally Mikkelson, 19th Ida May Mazzarelli, 21st William Barnes, 22nd Lowrye Hermes, 22nd Bennie Lichlyter, 26th Glenna Gilbert, 28th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>9:20 ● Reach &amp; Stretch</p> <p>10:30 ● Short Story Reading</p> <p>11:00 ● Conversation Cards</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Uno!</p> <p>2:15 ● Movie Matinee</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>4:00 ● Sketching the Outdoors</p> <p>6:00 ● Hand Massage</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>9:50 ● Bingo for Candy</p> <p>11:00 ● Conversation Cards</p> <p>2:00 ● Coffee Social!</p> <p>2:15 ● Traversing the World</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Seated Tai Chi</p> <p>3:00 ● Spiritual Sparkle &amp; Devotional</p> <p>3:30 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Tuesday Night Concert Series</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Music to Our Ears</p> <p>10:00 ● Scenic Drive</p> <p>11:00 ● Indoor Gardening</p> <p>11:15 ● Tana &amp; Dalmatian Pet Visit</p> <p>2:00 ● Movie Magic &amp; Popcorn!</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Music Social in the Piano Lounge!</p> <p>4:00 ● Ball Play!</p> <p>6:00 ● Documentary Dabble Night</p> <p>6:30 ● Hand Massage</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Traveling the World</p> <p>10:00 ● We Bake It, You Take It!</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Cornhole!</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Big Band Thursday</p> <p>3:30 ● What's That Smell?</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:30 ● Thursday Throwback Classic TV</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Elder Grow!</p> <p>11:00 ● Activities with Jordanna</p> <p>11:15 ● Indoor Gardening</p> <p>1:30 ● Friday Book Club!</p> <p>2:30 ● Happy Hour &amp; Concert on Quello!</p> <p>2:30 ● Entertainment in the Bistro</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit *</p> <p>6:00 ● Comedy TV Night <b>PF</b></p>	<p>9:20 ● Reach &amp; Stretch</p> <p>9:50 ● Bingo!</p> <p>10:00 ● Memories in the Making</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>2:30 ● Walking Club</p> <p>3:00 ● Trivia on In2L</p> <p>4:00 ● Hand Therapy</p> <p>6:00 ● Saturday Night Movie</p>	
<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Reminiscing Ball</p> <p>10:30 ● Nondenominational Church Service</p> <p>10:30 ● Jigsaws, Coffee &amp; Conversation</p> <p>1:30 ● Good News &amp; Views</p> <p>2:15 ● Coloring Arts to Music</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Walking Club</p> <p>3:45 ● Hymn Sing</p> <p>6:00 ● Hand Therapy</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:30 ● Short Story Reading</p> <p>11:00 ● Conversation Cards</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Uno!</p> <p>2:15 ● Movie Matinee</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>4:00 ● Sketching the Outdoors</p> <p>6:00 ● Hand Massage</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>9:50 ● Bingo for Candy</p> <p>11:00 ● Conversation Cards</p> <p>1:30 ● Science with Savannah!</p> <p>2:15 ● Traversing the World</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Spiritual Sparkle &amp; Devotional</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Tuesday Night Concert Series</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Music to Our Ears</p> <p>10:00 ● Scenic Drive</p> <p>11:00 ● Indoor Gardening</p> <p>11:15 ● Tana &amp; Dalmatian Pet Visit</p> <p>2:00 ● Movie Magic &amp; Popcorn!</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Music Social in the Piano Lounge!</p> <p>4:00 ● Ball Play!</p> <p>6:00 ● Documentary Dabble Night</p> <p>6:30 ● Hand Massage</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Traveling the World</p> <p>10:00 ● We Bake It, You Take It!</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Bowling League!</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Big Band Thursday</p> <p>3:30 ● What's That Smell?</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:30 ● Thursday Throwback Classic TV</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Elder Grow!</p> <p>11:15 ● Indoor Gardening</p> <p>1:30 ● Friday Book Club!</p> <p>2:30 ● Entertainment in the Bistro</p> <p>2:30 ● Happy Hour &amp; Concert on Quello!</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit *</p> <p>6:00 ● Comedy TV Night <b>PF</b></p>	<p>9:20 ● Reach &amp; Stretch</p> <p>9:50 ● Bingo!</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Board Game Saturday</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>2:30 ● Walking Club</p> <p>3:00 ● Trivia on In2L</p> <p>4:00 ● Hand Therapy</p> <p>6:00 ● Saturday Night Movie</p>	
<b>PALM SUNDAY</b>					<b>GOOD FRIDAY</b>		
<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Reminiscing Ball</p> <p>10:30 ● Nondenominational Church Service</p> <p>10:30 ● Jigsaws, Coffee &amp; Conversation</p> <p>1:30 ● Good News &amp; Views</p> <p>2:15 ● Coloring Arts to Music</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Walking Club</p> <p>3:45 ● Hymn Sing</p> <p>6:00 ● Hand Therapy</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:30 ● Short Story Reading</p> <p>11:00 ● Conversation Cards</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Uno!</p> <p>2:15 ● Movie Matinee</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>4:00 ● Sketching the Outdoors</p> <p>6:00 ● Hand Massage</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>9:50 ● Bingo for Candy</p> <p>11:00 ● Conversation Cards</p> <p>2:00 ● Coffee Social!</p> <p>2:15 ● Traversing the World</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Seated Tai Chi</p> <p>3:00 ● Spiritual Sparkle &amp; Devotional</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Tuesday Night Concert Series</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Music to Our Ears</p> <p>10:00 ● Scenic Drive</p> <p>11:00 ● Indoor Gardening</p> <p>11:15 ● Tana &amp; Dalmatian Pet Visit</p> <p>2:00 ● Movie Magic &amp; Popcorn!</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Music Social in the Piano Lounge!</p> <p>4:00 ● Ball Play!</p> <p>6:00 ● Documentary Dabble Night</p> <p>6:30 ● Hand Massage</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Traveling the World</p> <p>10:00 ● We Bake It, You Take It!</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Cornhole!</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Big Band Thursday</p> <p>3:30 ● What's That Smell?</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:30 ● Thursday Throwback Classic TV</p>	<p><b>PASSOVER BEGINS AT SUNSET</b></p> <p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Elder Grow!</p> <p>11:00 ● Activities with Jordanna</p> <p>11:15 ● Indoor Gardening</p> <p>1:30 ● Friday Book Club!</p> <p>2:30 ● Happy Hour &amp; Concert on Quello!</p> <p>2:30 ● Entertainment in the Bistro</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit *</p> <p>6:00 ● Comedy TV Night <b>PF</b></p>	<p>9:20 ● Reach &amp; Stretch</p> <p>9:50 ● Bingo!</p> <p>10:00 ● Memories in the Making</p> <p>10:00 ● Easter Egg Coloring!</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:30 ● Walking Club</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Trivia on In2L</p> <p>4:00 ● Hand Therapy</p> <p>6:00 ● Saturday Night Movie</p>	
<b>EASTER SUNDAY</b>	<b>EARTH DAY</b>						
<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Reminiscing Ball</p> <p>10:30 ● Nondenominational Church Service</p> <p>10:30 ● Jigsaws, Coffee &amp; Conversation</p> <p>1:30 ● Good News &amp; Views</p> <p>2:15 ● Coloring Arts to Music</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Walking Club</p> <p>3:45 ● Hymn Sing</p> <p>6:00 ● Hand Therapy</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:30 ● Short Story Reading</p> <p>11:00 ● Conversation Cards</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Uno!</p> <p>2:15 ● Movie Matinee</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>4:00 ● Sketching the Outdoors</p> <p>6:00 ● Hand Massage</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>9:50 ● Bingo for Candy</p> <p>11:00 ● Conversation Cards</p> <p>1:30 ● Science with Savannah!</p> <p>2:15 ● Traversing the World</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Spiritual Sparkle &amp; Devotional</p> <p>3:30 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Tuesday Night Concert Series</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Music to Our Ears</p> <p>10:00 ● Scenic Drive</p> <p>11:00 ● Indoor Gardening</p> <p>11:15 ● Tana &amp; Dalmatian Pet Visit</p> <p>2:00 ● Movie Magic &amp; Popcorn!</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Music Social in the Piano Lounge!</p> <p>4:00 ● Ball Play!</p> <p>6:00 ● Documentary Dabble Night</p> <p>6:30 ● Hand Massage</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Traveling the World</p> <p>10:00 ● We Bake It, You Take It!</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Bowling League!</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>3:00 ● Big Band Thursday</p> <p>3:30 ● What's That Smell?</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:30 ● Thursday Throwback Classic TV</p>	<p>9:20 ● Reach &amp; Stretch</p> <p>10:00 ● Elder Grow!</p> <p>11:15 ● Indoor Gardening</p> <p>1:30 ● Friday Book Club!</p> <p>2:30 ● Entertainment in the Bistro</p> <p>2:30 ● Happy Hour &amp; Concert on Quello!</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit *</p> <p>6:00 ● Comedy TV Night <b>PF</b></p>	<p>9:20 ● Reach &amp; Stretch</p> <p>9:50 ● Bingo!</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Board Game Saturday</p> <p>2:30 ● Warm Towel Hand Massage</p> <p>2:30 ● Walking Club</p> <p>3:00 ● Trivia on In2L</p> <p>4:00 ● Hand Therapy</p> <p>6:00 ● Saturday Night Movie</p>	
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Daily Programs are subject to change.  
Afternoon Snack served daily at 2:30 p.m.

**opal key**

- Physical
- Social
- Experiential
- Emotional & Spiritual
- Creative & Artistic
- Therapeutic
- Sensory