

APRIL 2024 LIFE ENRICHMENT CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Easter Monday</i> 11:00 Eagle Eye for April (MR)	2 9:30 Depart for Tour of UNC Murals & Lunch in Chapel Hill / Narrated by Dr. Jack Vogt (VS) 10:00 Depart for Aldi/ Food Lion (VL) 11:00 Dining Committee (MR) 1:00 Depart for Life @ Elon (VS) 2:30 Crafty Villagers (S/C)	3 10:30 New Resident Orientation (FSP) 1:00 Depart for Life @ Elon (VS) 2:00 Cultural Committee (FSP) 4:00 Resident’s Informational Meeting: Latest Merger Update with Steve Flemming & Tim Webster** (GP)	4 Sign Up Deadline for Shopping at Publix, Burlington 9:00 Finance Committee (MR) 10:00 Property Committee (MR) 10:45 Greensboro Symphony Music at Midday– Woodwind Ensemble ** (GP) 11:00 Library Committee (LIB) 1:30 Depart for HT/ Walmart (VL) 6:30 Game Night (CR)	5 1:00 Hearing Aid Clinic (FSP) 3:00 Meet & Greet with Michelle Burger (TVN & FSP) 4:45 Depart for Grand Night at Elon University (VS)	6 Pool CLOSED For Maintenance 10:30 Mindful Meditation (AR) 2:00 The Great Courses: (FSP) 2:00 Canasta (CR)
7 1:30 Worship ** (GP) Sermon by: David Harper Channel 1391/130.2	8 Sign-up for Men’s Breakfast: Cracker Barrel, Burlington 10:00 Depart for Shopping Trip to Publix, Burlington– NEW! (VS) 2:00 Watercolor with Debbie (AS) 3:00 \$.25 Cent Bingo (TVN) 6:30 Game Night (CR)	9 Sign-up for Women’s Breakfast: Cracker Barrel, Burlington 8:15 Men’s Breakfast: Cracker Barrel (VS) 10:00 Dining Committee (MR) 10:00 Depart for Aldi/ Food Lion (VL) 1:00 Depart for Life @ Elon (VS) 1:30 Upstairs Singers Meet @VS Lobby 2:30 Crafty Villagers (S/C)	10 Sign-up for Lunch Bunch : Mediterranean Deli, Elon (I) 10:30 Pray the Rosary NEW! (MR) 11:00 Catholic Service (MR) 12-5:00 Big Red Bus Blood Drive 1:30-3:00 Social Committee Presents: (GP) Chico’s “Spring Into Summer” Fashion Show 1:00 Depart for Life @ Elon (VS) 6:30 Dessert & Devotion w/ Leslie P. (FSP)	11 Sign Up Deadline for Shopping at Historic Southern Pines & Lunch 8:15 Women’s Breakfast : Cracker Barrel (VS) 1:30 Depart for HT/ Walmart (VL) 11:00 Episcopal Service (MR) 3:00 Wine & Cheese Sponsored by Life @ Home Caregivers (TVN) 6:30 Game Night (CR)	12 11:00 Depart for Lunch Bunch at Mediterranean Deli in Elon I (VS) 2:00 Movie & Popcorn**: (GP) Miss Potter	13 2:00 The Great Courses: (FSP) 2:00 Resident Led Bingo (GP) 3:15 CANASTA IN THE GATHERING PLACE TODAY
14 1:30 Worship ** (GP) Sermon by: Leslie Peavy Channel 1391/130.2	15 10:00 Depart for Shopping at Historic Southern Pines and Lunch at Char Bar 7 (VS) 10:30 Social Committee (MR) 2:00 Seasonal Crafts (S/C) 6:30 Game Night (CR)	16 Sign-up Deadline for the Burlington Arboretum Walk & Guided Tour 10:00-12:00 Everything Clinic (GP) 10:00 Depart for Aldi/ Food Lion (VL) 1:00 Depart for Life @ Elon (VS) 1:00-3:00 Everything Clinic (GP) 2:30 Crafty Villagers (S/C)	17 Sign-up for Lunch Bunch : Mediterranean Deli, Elon (II) 10:00 Coffee Hour (GP) 1:00 Depart for Life @ Elon (VS) 3:00 Residents Association Meeting** (GP)	18 Sign-up for Women’s Breakfast: The Park, Burlington 9:45 Depart for Walk & Guided Tour the Burlington Arboretum (VS) 1:30 Depart for HT/ Walmart (VL) 2:00 Care & Concern Comm. (MR) 3:00 Parkinson’ s Support Group (FSP) 6:30 Game Night (CR)	19 Sign Up Deadline for Shopping at Trader Joe’s & Lunch @ The Loop, CH 11:00 Depart for Lunch Bunch at Mediterranean Deli in Elon II (VS) 2:00 Friday with Friends**: Building a Concrete Boat by Jim Green (GP) 3:00 April Birthday Social (TVN) Sponsored by Always Best Care	20 10:30 Mindful Meditation (AR) 2:00 The Great Courses: (FSP) 2:00 Canasta (CR)
21 Sign-up Deadline for Lunch an Tour of the NC Executive Mansion in Raleigh 1:30 Worship ** Sermon by: Terry Rikard (GP) Channel 1391/130.2	22 Sign Up Deadline for trip to Smitty’s Homemade Ice Cream, Burlington 8:15 Women’s Breakfast : The Park, Burlington (VS) 10:00 Depart for Trader Joe’s & Lunch @ The Loop, Chapel Hill 2:00 Fireside Chat with April (FSP) 6:30 Game Night (CR)	23 Sign-up Deadline for Trip to the NC Zoo 10:00 Depart for Aldi/ Food Lion (VL) 1:00 Depart for Life @ Elon (VS) 2:00 TVAB Speaker Series : Scam Prevention Lecture w/ Better Business Bureau** (GP) 2:00 Depart for Smitty’s Homemade Ice Cream in Burlington (VS) 2:30 Crafty Villagers (S/C)	24 Sign Up Deadline for Men’s Breakfast at Grill Worx, Burlington 10:30 Pray the Rosary (MR) 11:00 Catholic Service (MR) 1:00 Depart for Life @ Elon (VS) 6:30 Game Night (CR) 6:30 Dessert & Devotion w/ Leslie Peavy (FSP)	25 10:45 Depart for Lunch and Tour of the NC Executive Mansion, Raleigh NC(VS) 1:30 Depart for HT/ Walmart (VL) 3:00 \$.25 Cent Bingo (TVN) 6:30 Game Night (CR)	26 Pool CLOSED for Maintenance 8:15 Men’s Breakfast: Grill Worx, Burlington (VS) 10:00 Caregivers’ Support Group (FSP) 10:00-3:00 TVAB Annual Garage Sale –All Welcome! Gathering Place 3:00 Beer and Pretzels (TVN)	27 Pool CLOSED for Maintenance 2:00 The Great Courses: (FSP) 2:00 Resident Led Bingo (GP) 3:15 Canasta (CR)
28 Pool OPENS at 12:00N 1:30 Worship ** (GP) Sermon by: Travis Epperley Channel 1391/130.2	29 9:30 Depart for Trip to NC Zoo, (VS) Asheboro, NC 11:00 Eagle Eye for May (MR) 6:30 Game Night (CR)	30 10:00 Depart for Aldi/ Food Lion (VL) 1:00 Depart for Life @ Elon (VS) 2:30 Crafty Villagers (S/C) 6:30 Elon University Junior Class Music Theater Program w/ Baritone Kenneth Lee in the Gathering Place.				<i>All Outings are Subject to Change and /or Cancellation</i>

APRIL 2024 WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Tai Chi Broadcast (1391/130.2) 9:00 Aerobics and Strength (AR) 10:00 Better Balance (AR) 2:00 Mah– Jongg (CR) 2:00 Water Volleyball (SP)	9:00 Cardio Beats (AR) 10:30 Ladder Toss (AR) 10:30 Total Aquatic Fitness (SP) 2:00 Yoga on Your Mat (AR) 2:00 Pickleball (Pickleball Court) 2:30 Aqua Belles (SP) 3:00 Rummikub (CR) 3:00 Penny Poker (GR)	9:00 Aerobics and Strength (AR) 10:00 Better Balance (AR) 1:30 Scrabble (WC) 2:00 Mah-Jongg (CR) 3:00 Chair Volleyball (AR)	9:00 Tai Chi Broadcast (1391/130.2) 10:30 Corn Hole Toss (AR) 10:30 Total Aquatic Fitness (SP) 11:00 Tripoly (CR) 1:30 Bridge (CR) 2:00 Pickleball (Pickleball Court)	9:00 Aerobics and Strength (AR) 11:00 Pinochle (CR) 11:00 Chair Yoga (AR) 1:30 Bridge (CR) ***NOTE: All activities are subject to change***

Calendar Key

Plain Blue—
Wellness & Campus
Sports
Plain Purple—Religious/
Spiritual
Plain Black—
Life Enrichment Event
Bold- Important/New
event
Orange-off campus trip
Green- Deadline to
signup
Pink- Special Event
Maroon-Grocery Trip

For daily activities,
menus and other an-
nouncements call
x8700 or view on
channel
130.1/1390
**Broadcast on
130.2/1391**

AD—Administration
AR—Aerobics Room
AR1— Activity Room
CR—Club Room
ESC—Edith Street Ca-
fé
FSP—Fireside Parlor
GP—Gathering Place
LIB—Library
LSD—Lakeside
Dining
GR—Game Room
MR—Meditation Room
P –Lakeside Patio
PD—Private Dining
SC—Sewing/Craft
Room
TVN—Tavern/Bistro/
Pub
VS—Village Square
WC—Wellness
Center
SP-Swimming Pool

REMINDER!!!!

Once the sign up deadline for an event has passed, and a resident cancels, if there is a trip fee associated with the event, the resident is still responsible for that cost. Please notify Life Enrichment (Debbie Itani ext. 8303) if you need to cancel so they can attempt to fill your spot from residents who may be on the Wait List.

Life Enrichment will confirm your attendance to activities that you have signed up for via a phone call. ONLY then a resident is guaranteed a spot. LE will manage all sign-up sheets and their corresponding wait lists.

Any questions regarding personal conflicts with an event that is out of your control will be handled on a case by case basis. Let us know how we can be of help!

Thank you!!

Wellness Activity Descriptions

Aerobics & Strength—A variety of exercises designed to increase flexibility, muscular strength, balance and cardiovascular conditioning.

Aqua Belles—Swimming and lap walking in the pool while holding aquatic exercise dumbbells for conditioning and resistance. Make new friends as you join this active group of women in strengthening both body and spirit.

Aqua Buddies—Swimming and lap walking with an active group of men while making new friends in the water.

Total Aquatic Fitness— Fun and challenging movements that include cardiovascular and muscle conditioning and yoga for a total body workout.

Chair Yoga—A great low impact option for everyone! Moves your whole body through a complete series of seated and standing yoga poses. A yoga class for all levels, focused on mindfulness, meditation, & involves gentle stretching.

Corn Hole Toss—Join this activity to enjoy a competitive and fun tossing game, while working on hand/eye coordination.

Ladder Toss—The object of the game is to wrap 3 bolls around the 3 ladder rungs; point values vary for each rung, 1st to 21 wins.

Penny Poker— A card game that involves betting with pennies and keeping a straight face.

Putting on the Green— is to hit a golf ball with a light stroke on the green with a putter.

Yoga on the Mat—In this yoga practice we will explore poses to benefit our strength and flexibility. We will start and stay down on the floor so you'll only have to get back up once at the end of the practice.

Tai Chi—Discover improved balance, strength, flexibility and mobility without fear of falling. This relaxed Chinese inspired practice helps with arthritis and is easy on your joints.

Water Volleyball—Play a fun game of volleyball in the water with a beach ball and friends.