


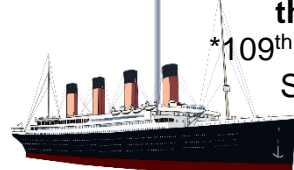




Life Enrichment Programs April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL IS NATIONAL PARKINSON'S AWARENESS MONTH</p> <p>Make sure to check out the special events this month to learn more!</p>			<p>Pizza Fundraiser! Purchase some Heggie's Frozen Pizza for an easy dinner! Order forms available at the concierge. All Proceeds go to the Walker Methodist Foundation!</p> 	<p>1 Maundy Thursday April Fool's Day *11:30 Balance + Motion FC *1:45 Balance + Motion FC *2:30 Cardio Drumming FC 3:00 Armchair Travels: Rick Steves' European Easter TH</p>	<p>2 Good Friday Happy Birthday Bob M. 10:00 Knitting Group CL 11:00 No Good Friday Hymn Sing with Beth CR (due to COVID restrictions) 1:30 Movie Matinee: "The Young Messiah" TH 2:00 No Happy Hour</p>	<p>3 Get Your Peek of the Week from your Mail Cubby in the Deli! 1:30 Movie Matinee TH</p> <p>Easter Egg Hunt All Weekend! If you Find a Gold Egg, see the Concierge for a Special Prize!</p>
<p>4 Easter Sunday 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie Matinee CR</p> 	<p>5 *10:10 Parkinson's Group Exercise FC 11:00 Chapel with Chaplain Adam CR 2:00 Docuseries: Down to Earth France TH</p>	<p>6 10:00 Craft Corner: Sock Bunnies CR *11:30 Balance + Motion FC 2:00 Popcorn & Jeopardy Trivia CR *1:45 Balance + Motion FC *2:30 Yoga/Tai Chi FC 3:00 Ted Talk Tuesday: "One Thing All Good Teachers Do" TH</p>	<p>7 *No 10:10 Parkinson's Group Exercise FC 1:00 Dime Bingo CR 2:00 Netflix Series: Anne with an E TH 3:00 Parkinson's Support Group TP</p>	<p>8 10:30 Coffee & Good News Stories with Kelsey CL *11:30 Balance + Motion FC *1:45 Balance + Motion FC 1:00 Tensies Dice Game DI *2:30 Cardio Drumming FC 3:00 Armchair Travels: The Holy Land: Israelis and Palestinians Today TH</p>	<p>9 11:00 Ladies Knitting Group CL 2-3:00 Happy Hour CR</p>	<p>10 Happy Birthday Doug P. Get Your Peek of the Week from your Mail Cubby in the Deli! 1:30 Movie Matinee TH</p>
<p>11 Happy Birthday Leslie C. 10:00 Virtual Church with Normandale Lutheran CR 1-4:00 Manicures with Renee DI 1:30 Movie Matinee CR</p>	<p>12 *10:10 Parkinson's Group Exercise FC 11:00 Spiritual Conversations with Chaplain Adam CR 2:00 Docuseries: Down to Earth Costa Rica TH</p>	<p>13 Happy Birthday Peter D. 10:00 Resident Association Meeting CR *11:30 Balance + Motion FC *1:45 Balance + Motion FC 2:00 Wine & Paint: Tulip for Parkinson's Awareness Month CR *2:30 Yoga/Tai Chi FC 3:00 Ted Talk Tuesday: "A Powerful Way to Unleash your Natural Creativity" TH</p>	<p>14 10:00 Men's Breakfast CR *10:10 Parkinson's Group Exercise FC 1:00 Dime Bingo CR 2:00 Netflix Series: Anne with an E TH 3:00 Parkinson's Support Group TP</p> 	<p>15 10:30 Coffee & Good News Stories with Kelsey CL *11:30 Balance + Motion FC *1:45 Balance + Motion FC *2:30 Cardio Drumming FC 1:00 Bunco Dice Game DI 3:00 Documentary: History Channel – Titanic the Real Story *109th Anniversary of the Sinking Titanic</p>	<p>16 (Kelsey off) Happy Birthday Helen R. 11:00 Ladies Knitting Group CL 2-3:00 PJ Party Happy Hour! CR</p> <p>*Wear your PJ's to Work Day!</p> 	<p>17 Get Your Peek of the Week from your Mail Cubby in the Deli! 11:00 Summit Music Pop Concert! Violin and Guest Starts in Front Parking Lot and Moves Around Building Every 15 Minutes 1:30 Movie Matinee TH</p>

Life Enrichment Programs April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie Matinee CR	19 Happy Birthday Lois R. *10:10 Parkinson's Group Exercise FC 11:00 Chapel Service with Chaplain Adam CR 2:00 Docuseries: Down to Earth Sardinia TH	20 10:00 Craft Corner: Painted Rocks CR *11:30 Balance + Motion FC *1:45 Balance + Motion FC 2:00 Discovery Wine Party (\$10/person) CR *2:30 Yoga/Tai Chi FC 3:00 Ted Talk Tuesday: "Empowering the Fight Against Parkinson's" TH	21 *10:10 Parkinson's Group Exercise FC 1:00 Dime Bingo CR 2:00 Netflix Series: Anne with an E TH 3:00 Parkinson's Support Group TP	22 Earth Day 11:00 Coffee Talk: Parkinson's Disease with Amanda, Beth & Resident Panel CR 1:00 Succulent Planting CR *11:30 Balance + Motion FC *1:45 Balance + Motion FC *2:30 Cardio Drumming FC 3:00 Armchair Travels: Visiting Easter Island TH	23 Happy Birthday Darlene P. 11:00 Ladies Knitting Group CL 2-3:00 Happy Hour CR	24 Get Your Peek of the Week from your Mail Cubby in the Deli! 11:00 Summit Music Pop Concert! Violin and Guest Starts in Front Parking Lot and Moves Around Building Every 15 Minutes 1:30 Movie Matinee TH
25 10:00 Virtual Church with Normandale Lutheran CR 1-4:00 Manicures with Renee DI 1:30 Movie Matinee CR 7:00 The Oscars Viewing Party CL 	26 *10:10 Parkinson's Group Exercise FC 1:00 Spiritual Conversations with Chaplain Adam CR 2:00 Docuseries: Down to Earth Lima TH *Purchase a Tulip at the Concierge all Week! Proceeds will go to the Parkinson's Foundation! Tulips delivered on Friday.	27 *11:30 Balance + Motion FC *1:45 Balance + Motion FC *2:30 Yoga/Tai Chi FC 2:00 April Birthday Ice Cream Social CR 3-4:00 Bake Sale Deli 3:00 Ted Talk Tuesday: "Can We Create New Senses for Humans?" TH 	28 10:00 Ladies Brunch CR *10:10 Parkinson's Group Exercise FC 1:00 Dime Bingo CR 3:00 Parkinson's Support Group TP	29 10:30 Coffee & Good News Stories with Kelsey CL *11:30 Balance + Motion FC 1:00 Tensies Dice Game DI *1:45 Balance + Motion FC *2:30 Cardio Drumming FC 3:00 Armchair Travels: Cruising the Mediterranean TH	30 11:00 Ladies Knitting Group CL 2-3:00 Parkinson's Awareness Happy Hour CR Tulip Delivery Day!	Calendar Key CR = Community Room DI = Deli TP = Tonka Porch CL = Club Room DR = Dining Room TH = Theater FC = Fitness Center MC = Memory Care CS = Care Suites

*To attend an exercise class, you must join the Fitness Center. Contact Amanda at [952-209-1409](tel:952-209-1409) or acole@walkermethodist.org to become a member!

**Amanda is still taking reservations for the exercise classes, but usually there is room for drop-ins. :)

Activity Participation

- *Must Sign Up for All Activities
- **Call the Concierge to Sign Up 952-209-1440
- ***6-foot Social Distancing Rule Enforced
- ****Must Wear a Mask

April Birthdays!

- Bob M. 4/2
- Doug P. 4/10
- Leslie C. 4/11
- Peter D. 4/13
- Helen R. 4/16
- Lois R. 4/19
- Darlene P. 4/23

