

April 2024 Fitness Class Schedule

Location Key: FC – Fitness Center (through 4/24)*, AC – Activity Center, P – Pool, ML – Meadowlark Activity Room 2nd floor

Monday

8:30 – 9:00 am **Strength & Balance (FC)***
 9:30 – 10:15 am **Aquacize (P)**
 10:00 – 10:30 am **Strength & Balance (Liz)(AC)***
 10:30 – 11:00 am **Sit & Be Fit (FC)***
 1:30 – 2:15 pm **Aquacize (P)**

Tuesday

8:30 – 8:55 am **Stretch (FC)***
 9:00 – 9:45 am **Beginner Tai Chi with Jean (FC)***
 9:15 – 9:45 am **Strength & Balance (AC)**
 10:15 – 11:00 am **Aquacize (P)**
 11:05 – 11:45 am **Aqua Zumba (P)**
 11:00 – 11:45 am **Chair Yoga with Robin (FC)***
 1:15 – 1:45 pm **“Renaerobics” (ML)**
 1:30 – 3:00 pm **Resident Only Lap Swim (P)**

Wednesday

8:30 – 9:00 am **Strength & Balance (FC)***
 9:30 – 10:15 am **Aquacize (P)**
 10:00 – 10:30 am **Strength & Balance (Liz)(ML)***
 10:30 – 11:00 am **Line Dance (FC)***
 1:30 – 2:15 pm **Aquacize (P)**

Log your steps on any of our NuStep machines on April 11 as part of “Pump It for Parkinson’s”! See Rena Leake for details!

Thursday

8:30 – 8:55 am **Stretch (FC)***
 9:00 – 9:45 am **Beginner Tai Chi with Jean (FC)***
 9:15 – 9:45 am **Strength & Balance (AC)**
 10:15 – 11:00 am **Aquacize (P)**
 11:05 – 11:45 am **Aqua Zumba (P)**
 1:30 – 3:00 pm **Resident Only Lap Swim (P)**

Friday

8:30 – 9:00 am **Strength & Balance (FC)***
 9:30 – 10:15 am **Aquacize (P)**
 10:00 – 10:30 am **Strength & Balance (Liz) (AC)***
 10:30 – 11:00 am **Sit & Be Fit (FC)***
 11:15 – 11:45 am **Core & More (FC)***

Saturday

11:00 – 11:50 am **Chair Yoga with Robin (FC)***

Fitness Center Hours

Residents: 24 hours, 7 days per week
Members: 8 am to 8 pm, 7 days per week

Questions? Call Rena
 217-344-2144 or e-mail
rleake@clarklindsey.com

Pool Hours

Residents:
 6 am – 8:30 pm, Mon. – Sat.
 6 am – 6 pm, Sun.

NOTE:

-Only those residents who are signed up for lap swimming are allowed in the pool or on the deck from 1:30 – 3 pm on T/Th. There is a limit of one time slot per day per resident.

-The lap lane and jets are NOT available during aquatic classes (listed in blue above).

- If you remove the lap lane marker, please replace it before you leave the pool.

Members:
 8 am – 8 pm, Mon. – Sat.
 8 am – 6 pm, Sun.

Important Notes

- THE CURRENT FITNESS CENTER WILL CLOSE AT 8:00 am ON WEDNESDAY, APRIL 24, AND REOPEN IN ITS NEW SPACE IN JANUARY 2025.** Some cardio equipment and portable strength equipment will be moved temporarily to the Simon Private Dining Room (adjacent to the main dining room) and will be available for use beginning April 26. *The HUR strength machines will not be available until our new Fitness Center space opens in January 2025.* In the interim, group fitness classes formerly held in the Fitness Center will take place in the Activity Center on first floor (except Tai Chi, which will be held in the Horsfall Private Dining Room) **beginning Thursday, April 25** (see exceptions below). Please see Rena with questions (217-344-2144 or e-mail rleake@clarklindsey.com).
- Tuesday Chair Yoga** will return to its 11:00 start time effective 4/1, but no class 4/23.
- Liz’s **Strength & Balance** will now be 10:00 – 10:30 am.
- No afternoon **Aquacize** on 4/8 due to eclipse.
- No **Strength & Balance** on 4/9 due to Resident Council.
- No **Strength & Balance** or **Line Dance** on 4/24 due to Fitness Center move.
- No **Strength & Balance with Liz, Sit & Be Fit, or Core & More** on 4/26 due to presentation in Activity Center.

SUN	MON	TUE	WED	THUR	FRI	SAT
	April Fool's Day 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help and Reservation Assistance (HL) 2:00 Comfort Dog Visit (HL) 3:00 Communion (BGL) 7:00 Euchre (BGL)	1 10:00 Coffee (DR) 10:30 Indoor Activities Committee (BGL) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR)	2 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:00 Exercise with Liz (AR2) 10:30 Tech Help and Reservation Assistance (HL) 1:00 The Nature Fix Discussion (HPDR) 2:30 When Day Turns Into Night: (AC) 7:00 St. Pats Bible Study (SPDR)	3 10:00 Coffee (DR) 10:15 Communion (SPDR) 10:30 Everything But The Kitchen Sink: Kay's Band (DR) 10:30 The Urbana Free Library Support (HL) 1:00 Interested in a new Art Class? (AR2) 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) 4:30 Artist Reception (G) 7:00 Game Night (HPDR)	4 10:00 Coffee (DR) 10:30 Tech Help and Reservation Assistance (HL) 1:00 Kitchen Garden Project (Horsfall) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	5 9:30 Billiards (BGL) 10:00 Coffee (DR) 11:00 Chair Yoga (FC) 2:00 500 Card Game (BGL) 6:45 Van trip to: Yo-Yo Ma Cello and Kathryn Stott, Piano (Krannerf) (FLMB)
7 3:00 Piano Recital- Cacie Erin Miller (AC) 3:00 Rummikub (HPDR)	8 9:00 Wellness Nurse (MMR) 9:15 Van Trip: TOTAL SOLAR ECLIPSE (FLMB) 10:00 Coffee (DR) 10:30 Tech Help and Reservation Assistance (HL) 12:45 (Almost) Total Solar Eclipse Viewing (Solarium/Masterpiece Gardens) 3:00 Floral Decorations Committee (S) 3:30 Movie Committee (BGL) 7:00 Euchre (BGL)	9 9:30 Resident Council (AC) 10:00 Coffee (DR) 1:30 Mahjong (BGL) 1:30 PB&J Making (DR) 2:30 Portal Forum: Open Invitation (AC) 3:00 Video Scholars (HPDR)	10 9:00 Wellness Nurse (MMR) 9:45 University High School Music Performance (AC) 10:00 Coffee (DR) 10:00 Exercise with Liz (AR2) 10:30 Meet the Veeps (DR) 10:30 Tech Help and Reservation Assistance (HL) 1:30 Writers Group (BGL) 7:00 St. Pats Bible Study (SPDR)	11 7:30 Pump It for Parkinson's (FC) 10:00 Coffee (DR) 10:15 Communion (SPDR) 10:30 Everything But The Kitchen Sink: Kay's Band (DR) 11:00 Village Voice (HPDR) 1:00 Ping Pong (AC) 2:00 U of I Sustainable Student Farm Presentation (AC)	12 10:00 Coffee (DR) 10:00 Van Trip: "Walk the Boardwalk at Busey Woods Viewing Spring Wildflowers" (FLMB) 10:30 Tech Help and Reservation Assistance (HL) 1:00 Van trip to: 20th Annual Festival of Quilts (FLMB) 2:30 Afternoon Social (HL) 2:30 Intern Social (HL) 7:15 Movie Night (AC)	13 9:30 Billiards (BGL) 10:00 Coffee (DR) 11:00 Chair Yoga (FC) 2:00 500 Card Game (BGL)
14 1:00 Class Act Showstoppers (AC) 3:00 Rummikub (HPDR) 4:00 Piano Recital- Alan Johnson (AC)	15 Tax Day 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help and Reservation Assistance (HL) 7:00 Euchre (BGL)	16 10:00 Coffee (DR) 10:00 Tuesday Morning Music Club (HL) 1:00 HoneyBee Presentation and Discussion (HPDR) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR)	17 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:00 Exercise with Liz (AR2) 10:30 Tech Help and Reservation Assistance (HL) 10:30 Van trip for: North Champaign shopping trip (FLMB) 2:00 Library Committee (HPDR) 7:00 St. Pats Bible Study (SPDR)	18 10:00 Coffee (DR) 10:00 Dining Committee (AC) 10:15 Communion (SPDR) 10:30 Everything But The Kitchen Sink: Kay's Band (DR) 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) 3:00 Art Class (AS) 11:00 Portal Forum: Open Invitation (AC)	19 10:00 Coffee (DR) 10:30 Tech Help and Reservation Assistance (HL) 1:30 Caregiver Support Group (HPDR) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	20 9:30 Billiards (BGL) 10:00 Coffee (DR) 11:00 Chair Yoga (FC) 2:00 500 Card Game (BGL) 7:00 Van trip to: Champaign-Urbana Symphony Orchestra: Krannert (FLMB)
21 3:00 Rummikub (HPDR) 5:00 Van trip to: dinner at Silvercreek (FLMB)	22 Passover Earth Day 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help and Reservation Assistance (HL) 1:00 Opera Appreciation (HPDR) 7:00 Euchre (BGL)	23 10:00 Coffee (DR) 1:30 Mahjong (BGL) 1:30 PB&J Making (DR) 3:00 Video Scholars (HPDR)	24 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:00 Exercise with Liz (AR2) 10:30 Tech Help and Reservation Assistance (HL) 1:30 Writers Group (BGL) 2:00 Spring Harp Recital (HL) 3:00 Book Club (HPDR) 7:00 St. Pats Bible Study (SPDR) 8:00 Van Trip: Full Moonrise (FLMB)	25 10:00 Coffee (DR) 10:15 Communion (SPDR) 10:30 Everything But The Kitchen Sink: Kay's Band (DR) 1:00 Ping Pong (AC)	26 10:00 Coffee (DR) 10:00 Special Climate Change Lecture (AC) 10:30 Tech Help and Reservation Assistance (HL) 2:00 Library Open House (HWL) 2:30 Afternoon Social (HL) 2:30 Kitchen Garden Project Social (HL) 7:15 Movie Night (AC)	27 9:30 Billiards (BGL) 10:00 Coffee (DR) 11:00 Chair Yoga (FC) 2:00 500 Card Game (BGL) 7:00 BINGO (AC)
28 1:45 World's Largest Puzzle (Celebration Event) Main Library Room 220 (FLMB) 3:00 Rummikub (HPDR) 7:00 Poetry Reading with Piano accompanist (AC)	29 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help and Reservation Assistance (HL) 7:00 Euchre (BGL)	30 10:00 Coffee (DR) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR)	LOCATION KEY AC - Activity Center AS - Art Studio BGL - Billiard & Game Lounge FC - Fitness Center FLMB - Front Lobby of Main Building G - Gallery HWL - Harding-Weld Library	HPDR - Horsfall PDR HL - Huegy Lounge DR - Laing Dining Room MMR - Massage/Meditation Room AR2 - MeadowLark 2nd Floor Activity Room FLMB - Meet in the front lobby SPDR - Simon PDR S - Solarium		

April 2024

Independent Living

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

ClarkLindsey



SUN	MON	TUE	WED	THUR	FRI	SAT
	April Fool's Day 9:30 Making Memories - One on One Visits 10:30 This Day in History 11:15 Eldergrow Class 1:30 Baking Cat Treats 3:30 April Fools Day Puzzles & Fun 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Coffee & Chat 11:15 Table Setting 1:30 April IQ 3:30 Outdoor Walk 6:00 TEDucation Video: Why I'm an architect that designs for social impact	9:30 Making Memories - One on One Visits 10:30 Junk Detective: The Intrepid Gardener 11:15 Eldergrow Class 2:00 Cooking Club: Pudding "Dirt Cups" 3:30 Recipe Book Update 6:00 Cinema Night	9:30 Making Memories - One on One Visits 10:30 "Four" Trivia 11:15 Music Thursdays 1:15 Exercise with Rena 3:30 Connect 4 on 4/4 6:00 War Card Game	9:30 Making Memories - One on One Visits 10:30 The New Yorker Captions Puzzle 11:15 Armchair Travel: Scottish Highlands 1:30 Arts and Crafts Studio 3:30 Mocktails and Memories 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Whole Body Chair Exercises 3:30 Checkers
9:30 Making Memories - One on One Visits 10:30 Courtyard Walk 1:00 MeadowLark Family Fun Day	9:30 Making Memories - One on One Visits 10:30 This Day in History 11:15 Eldergrow Class 12:45 Solar Eclipse Viewing Party 3:30 Recycled Plastic Shrinky Dinks 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Coffee & Chat 11:15 Table Setting 1:30 Move & Chat Mat 3:30 Outdoor Walk 6:00 TEDucation Video: Architecture's ripple effect	9:30 Making Memories - One on One Visits 10:30 ABCit Game 11:15 University HS Courtyard Performance 2:00 Cooking Club: Moon Pie Milkshakes 3:30 Recipe Book Update 6:00 Cinema Night	9:30 Making Memories - One on One Visits 10:30 Thinking of Our Beloved Pets 11:15 Music Thursdays 1:15 Exercise with Rena 3:30 Healing Sound Bath 6:00 Scrabble	9:30 Making Memories - One on One Visits 10:30 SNAIL Categories Puzzle 11:15 Scent Guessing 1:30 Arts and Crafts Studio 3:30 Mocktails and Memories 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Sing-along with Cherie 3:30 BINGO
9:30 Making Memories - One on One Visits 10:30 Courtyard Walk 2:00 The Class Act Showstoppers	Tax Day 9:30 Making Memories - One on One Visits 10:30 This Day in History 11:15 Eldergrow Class 1:30 Arts and Crafts Studio 3:30 Bottle Cap Flowers 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Coffee & Chat 11:15 Table Setting 1:30 Outdoor Planting 3:30 Outdoor Walk 6:00 TEDucation Video: Reanimating public space through sustainable design	9:30 Making Memories - One on One Visits 10:30 Peanut Butter & Jelly Word Search 11:15 Eldergrow Class 2:00 Cooking Club: Chips & Dip 3:30 Recipe Book Update 6:00 Cinema Night	9:30 Making Memories - One on One Visits 10:30 Secret Humorous Quote 11:15 Music Thursdays 1:15 Exercise with Rena 3:30 Jellyfishes & Jello 6:00 Dominos	9:30 Making Memories - One on One Visits 10:30 Jigsaw Puzzle Time 11:15 Family/Career Show and Tell 1:30 Arts and Crafts Studio 3:30 Mocktails and Memories 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Whole Body Chair Exercises 3:30 Highland Cow Jigsaw Puzzle
9:30 Making Memories - One on One Visits 10:30 Courtyard Walk 3:30 Velcro Paddle Ball	Passover Earth Day 9:30 Making Memories - One on One Visits 10:30 This Day in History 11:15 Eldergrow Class 2:00 Sing-along with Kristy 3:30 Recycled Planters 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Coffee & Chat 11:15 Table Setting 1:30 Using Our Recycled Planters 3:30 Outdoor Walk 6:00 TEDucation Video: Putting human caring back into social services	9:30 Making Memories - One on One Visits 10:30 Bead Sorting 11:15 Eldergrow Class 2:00 Cooking Club: Earth Cookies 3:30 Jewelry Making 6:00 Cinema Night	9:30 Making Memories - One on One Visits 10:30 Junk Detective: Mudroom 11:15 Music Thursdays 1:15 Exercise with Rena 3:30 Birthday Card Signing 6:00 "Hedbanz" Game	9:30 Making Memories - One on One Visits 10:30 Bowling 11:15 Tractor Engine Assembly 1:30 Arts and Crafts Studio 3:30 Birthday Social 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Harp Performance with Cherie 3:30 Thumbball Chat
9:30 Making Memories - One on One Visits 10:30 Courtyard Walk 3:30 UNO Card Game	9:30 Making Memories - One on One Visits 10:30 This Day in History 11:15 Eldergrow Class 1:30 Arts and Crafts Studio 3:30 Personalized Sorting Fun 6:00 After Dinner Stroll	9:30 Making Memories - One on One Visits 10:30 Coffee & Chat 11:15 Table Setting 1:30 Recycled Bottle Tissue Flowers 3:30 Outdoor Walk 6:00 TEDucation Video: Social Services Are Broken. How We Can Fix Them				

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Memory Care

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com



SUN	MON	TUE	WED	THUR	FRI	SAT
	April Fool's Day 10:30 Chair exercises (EGH) 11:15 Making candy coated oreos (WGH) 1:30 Reverse Coloring art (EGH) 3:00 Fact or Foolery (WGH) 6:45 Downtime Binders (GHH)	1 10:30 Dada Veda: Singing folk songs (WGH) 11:15 Pool Noodle volleyball (EGH) 2:30 Terracotta pot drip paint craft (WGH) 3:30 Complete the phrase! (EGH) 6:45 Downtime Binders (GHH)	2 10:30 Velcro paddle ball (WGH) 11:15 50's sing along (EGH) 1:30 Cookie decorating for Humane Society staff (WGH) 2:30 When Day Turns Into Night: (AC) 6:45 Downtime Binders (GHH)	3 10:00 Daily Digest: Read along chronicles (WGH) 10:30 Everything But The Kitchen Sink: Kay's Band (DR) 1:30 Rock Painting (EGH) 3:00 Scent Jars (WGH) 6:45 Downtime Binders (GHH)	4 10:30 Have you ever? (game) (EGH) 11:15 Price Is Right! (WGH) 1:30 Music & Movement w/ Rena (EGH) 3:30 Therapy dog visit (WGH) 6:45 Downtime Binders (GHH)	5 1:00 Thumbball (WGH) 4:00 Mani's w/ Maria (EGH)
10:30 United Methodist church service (virtual) (GHH) 1:00 Checkers or Chess (EGH) 4:00 Rock a bye baby (Jerry Lewis movie on YouTube) (WGH)	7 10:30 Card exercises (EGH) 11:15 Lunar and Solar Eclipse explained- video (WGH) 1:30 Solar eclipse party (EGH) 3:00 Solar eclipse oil pastel craft (WGH) 6:45 Downtime Binders (GHH)	8 10:30 Bowling (WGH) 11:15 Junk drawer detective (EGH) 1:30 Van trip for: Country cruise (GHH) 3:00 Meaningful Moments (1:1 visits) (EGH) 6:45 Downtime Binders (GHH)	9 10:45 University High School performance (GHH courtyard) 11:15 M & M game (EGH) 1:30 Famous paintings in the world video & discussion (WGH) 3:00 Creating seed balls (EGH) 6:45 Downtime Binders (GHH)	10 10:00 Daily Digest: Read along chronicles (EGH) 10:30 Everything But The Kitchen Sink: Kay's Band (DR) 1:30 Balloon musical chairs (WGH) 3:00 Armchair travel experience (EGH) 6:45 Downtime Binders (GHH)	11 10:30 Seated strength training exercises (WGH) 11:15 Get to know you BINGO (EGH) 1:30 Music & Movement w/ Rena (WGH) 3:00 Flower planting (EGH) 6:45 Downtime Binders (GHH)	12 1:00 Daily Chronicles (WGH) 4:00 SCA Fine Arts: Disney's Beauty and the beast (Youtube) (EGH)
10:30 United Methodist church service (virtual) (GHH) 1:00 Class Act Showstoppers (AC) 4:00 Seashell canvas craft (WGH)	14 Tax Day 10:30 Chair Yoga w/ Sherry Zak (YouTube) (EGH) 11:15 Earth Day collages (WGH) 2:00 Sing-along w/Kristy (EGH) 3:00 Paint by numbers (WGH) 6:45 Downtime Binders (GHH)	15 10:30 Chair activity B!NGO (EGH) 11:15 Gratitude Journaling (WGH) 1:30 DIY: Bird house crafting (WGH) 3:00 Paper Mache "Earth Day" globes (EGH) 6:45 Downtime Binders (GHH)	16 10:30 Bean bag Twister game (WGH) 11:15 Meadowbrook Park trail (GHH) 1:30 Coffee filter Hydrangeas (EGH) 3:00 Music Therapy (WGH) 6:45 Downtime Binders (GHH)	17 10:00 Daily Digest: Read along chronicles (WGH) 10:30 Everything But The Kitchen Sink: Kay's Band (DR) 1:30 Lemonade in the courtyard (EGH) 3:00 Guess & Match (WGH) 6:45 Downtime Binders (GHH)	18 10:30 Morning tunes & mingling (GHH) 11:15 Therapeutic Coloring (GHH) 1:30 Music & Movement w/ Rena (EGH) 3:00 Sensory & sounds (WGH) 6:45 Downtime Binders (GHH)	19 1:00 Mani's w/ Maria (WGH) 4:00 April Picture It! (EGH)
10:30 United Methodist church service (virtual) (GHH) 1:00 Earth Day slime (WGH) 4:00 Teacup Succulents (EGH)	21 Passover Earth Day 10:30 Guided Meditation (WGH) 11:15 Cherry Blossom tree craft! (EGH) 1:30 Van trip to : Japan House 3:00 Making walking banana pudding (WGH) 6:45 Downtime Binders (GHH)	22 10:30 Seated dance fitness (EGH) 11:00 Champaign County Humane Society pet visit (WGH) 1:30 DIY Hungry Hungry Hippo game! (EGH) 3:00 Meaningful Moments (1:1 visits) (WGH) 6:45 Downtime Binders (GHH)	23 10:30 Church service & songs w/Jon Norris (EGH) 11:15 Nature scavenger hunt (GHH) 2:00 Spring Harp Recital (HL) 3:30 DIY Root Beer Making- in honor of Fountain Soda Day (WGH) 6:45 Downtime Binders (GHH)	24 10:00 Daily Digest: Read along chronicles (EGH) 10:30 Everything But The Kitchen Sink: Kay's Band (DR) 1:30 3D faux flower art (EGH) 3:00 Armchair travel experience (WGH) 6:45 Downtime Binders (GHH)	25 10:30 Coffee & Conversations (GHH) 11:15 Garden tours (YouTube) (GHH) 1:30 Music & Movement w/ Rena (WGH) 3:00 Songs w/ Cherie (EGH) 6:45 Downtime Binders (GHH)	26 1:00 Daily Chronicles (EGH) 4:00 Courtyard Breezes (WGH)
10:30 United Methodist church service (virtual) (GHH) 1:00 Sing along, play along w/ Kira (WGH) 4:00 Jig saw puzzles (EGH)	28 10:30 Therapy dog visit (EGH) 11:15 Neighborly Greetings: card signing (GHH) 2:00 Sing-along w/Kristy (WGH) 3:00 Creating pressed flower suncatchers (EGH) 6:45 Downtime Binders (GHH)	29 10:30 Kay's Band: Everything but the kitchen sink (WGH) 11:15 Gratitude Journaling (EGH) 1:30 Stained glass art (WGH) 3:00 Monthly birthday social (GHH) 6:45 Downtime Binders (GHH)	30	LOCATION KEY AC - Activity Center EGH - East Green House GHH - Green House Homes		HL - Huegy Lounge DR - Laing Dining Room WGH - West Green House

April 2024

Green House Homes

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

ClarkLindsey



SUN	MON	TUE	WED	THUR	FRI	SAT
	April Fool's Day 9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Rena's Workout (MBDR) 1:15 PM Sing A long With Kristy (MBDR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun with Glen! (MBAR) 6:00 PM The Crown-Tv Series (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Pretty Nails (MBAR) 11:15 AM Name that Tune (MBAR) 2:15 PM Peanut Butter and Jelly Sushi (MBAR) 3:00 PM PB&J Fun Facts (MBAR) 6:00 PM Movie Matinee (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Rena's Workout (MBDR) 2:30 PM When Day Turns Into Night: (AC) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Downtime Binders (MBAR)	9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (DR) 1:30 PM Door Wreath- Spring (MBAR) 2:30 PM Therapeutic Coloring (MBAR) 6:00 PM Music Therapy (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Chair Yoga (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 3:00 PM Pretty Nails (MBAR) 6:00 PM Puzzle Pages (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Famous Painting in the world video & discussion (MBAR) 3:00 PM Daily Chronicles (MBAR)
9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Church Service (MBAR) 3:30 PM Pretty Nails (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Total Eclipse Social (MBDR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun with Glen! (MBAR) 6:00 PM The Crown-Tv Series (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Birthday card signing (MBAR) 1:30 PM Van trip for: Country cruise (GHH) 3:00 PM Art- Galaxy Rock (MBAR) 6:00 PM Movie Matinee (MBAR)	9:15 AM University High School Music Performance (MBDR) 9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Rena's Workout (MBDR) 2:00 PM Cocktail and Manis (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Downtime Binders (MBAR)	7:30 AM Pump It for Parkinson's (FC) 9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (DR) 1:30 PM Uno (MBAR) 2:30 PM Travelogue & Discussion (MBAR) 6:00 PM Music Therapy (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM The Crown-Tv Series (MBAR) 1:15 PM Craft- Animal Planter with Plastic Bottles (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 3:00 PM Randy's Presentation (MBAR) 6:00 PM Puzzle Pages (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Sensory and sounds (MBAR) 3:00 PM Lemonade and Riddles (MBDR)
9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Church Service (MBAR) 1:00 PM Class Act Showstoppers (AC) 3:30 PM Headbandz Board Game (MBAR)	Tax Day 9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Spring Tea Party (MBDR) 3:00 PM Baking Blub- Strawberry Shortcakes (MBDR) 6:00 PM The Crown-Tv Series (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:00 AM Flower Looms (MBAR) 2:00 PM Spring Trivia (MBAR) 3:00 PM Dada Veda (MBAR) 6:00 PM Movie Matinee (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Rena's Workout (MBDR) 2:30 PM Bingo and Beer (MBDR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Downtime Binders (MBAR)	9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (DR) 12:00 PM MeadowLark & Meadowbrook Pizza Party (MBDR) 1:30 PM The Crown-Tv Series (MBAR) 2:15 PM Mapping with Randy (MBDR) 6:00 PM Music Therapy (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:00 AM Canvas Artwork Idea (MBAR) 1:30 PM Guess & Match (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 6:00 PM Puzzle Pages (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Terracotta pot drip paint craft (MBDR) 3:00 PM This Day In History (MBAR)
9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Church Service (MBAR) 3:00 PM Music with Alexis (MBAR)	Passover Earth Day 9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Earth Day Pot Planting (MBDR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Van trip to : Japan House 2:30 PM Air dry CLAY- Nature Pendant (MBAR) 6:00 PM The Crown-Tv Series (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:00 AM Music Therapy (MBAR) 1:30 PM Art- TeaCup Succulent (MBAR) 2:30 PM Jeopardy (MBAR) 6:00 PM Movie Matinee (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Rena's Workout (MBDR) 2:00 PM Spring Harp Recital (HL) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Downtime Binders (MBAR)	9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (DR) 2:30 PM Craft- Hanging twine Ball (MBAR) 6:00 PM Music Therapy (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:00 AM Special Climate Change Lecture (AC) 1:15 PM Craft- Newspaper Flower (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 3:00 PM Birthday Social (MBDR) 6:00 PM Puzzle Pages (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 3:00 PM Complete the phrase (MBAR)
9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 10:30 AM Church Service (MBAR) 3:00 PM Would You Rather (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Guided Meditation (MBAR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun with Glen! (MBAR) 6:00 PM The Crown-Tv Series (MBAR)	9:30 AM Menu Talk (MBDR) 10:00 AM 1:1 Visits (MBAR) 11:00 AM Giant word Search (MBAR) 1:30 PM Art- Seashell canvas (MBAR) 3:00 PM Resident Council (MBDR) 6:00 PM Movie Matinee (MBAR)		LOCATION KEY AC - Activity Center FC - Fitness Center GHH - Green House Homes HL - Huegy Lounge	DR - Laing Dining Room MBAR - Meadowbrook Activity Room MBDR - Meadowbrook Dining Room	

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Meadowbrook

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com



SUN	MON	TUE	WED	THUR	FRI	SAT
	April Fool's Day 10:15 Walk & Roll (AR2) 11:15 Eldergrow Class (1st Floor Garden) 2:30 Dog Treat Baking (AR3) 4:45 Jeopardy! Stream (AR3) 6:30 UNO Game Night (AR3)	1 10:15 Jewelry Making (AR3) 11:15 Helpful Sewing Project (AR3) 1:15 Renaeobics (AR2) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: Maya Angelou: And Still I Rise (AR2)	2 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Class (1st Floor Garden) 2:30 Jigsaw Puzzle Corner (AR3) 2:30 When Day Turns Into Night: (AC) 4:45 3rd Floor Walk (AR3) 6:30 Knitting and Crocheting Corner (AR3)	3 10:30 Everything but the kitchen sink: Kay's band (DR) 1:00 Interested in a new Art Class? (AR2) 2:30 Baking Club: Pudding "Dirt Cups" (AR3) 4:30 Artist Reception (G) 4:30 Happy Hour (HL) 7:00 Game Night (HPDR)	4 10:15 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 2:30 Thumbball Chat (AR3) 4:45 Trivia (AR3) 7:15 Movie Night (AC)	5 11:30 Coffee & Conversation (2nd Floor Common Area) 2:00 Get To Know You BINGO (AR3) 7:00 Van trip to: Yo-Yo Ma Cello and Kathryn Stott, Piano (Krannert) (FLMB)
11:30 Group "Wordle" & "Connections" (AR3) 1:00 MeadowLark Family Fun Day 3:00 Piano Recital- Cacie Erin Miller (AC)	7 9:15 Van Trip: TOTAL SOLAR ECLIPSE (FLMB) 10:15 Walk & Roll (AR2) 11:15 Eldergrow Class (1st Floor Garden) 12:45 Solar Eclipse Viewing Party (1st Floor Courtyard) 4:45 Jeopardy! Stream (AR3) 6:30 Scrabble (AR3)	8 10:15 Jewelry Making (AR3) 11:15 BINGO (AR3) 1:15 Renaeobics (AR2) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: What Happened, Miss Simone? (AR2)	9 10:00 Exercise with Liz (AR2) 11:15 University HS Courtyard Performance (1st Floor Courtyard) 2:30 Jigsaw Puzzle Corner (AR3) 4:45 3rd Floor Walk (AR3) 6:30 Knitting and Crocheting Corner (AR3)	10 7:30 Pump It for Parkinson's (FC) 10:30 Everything but the kitchen sink: Kay's band (DR) 2:00 U of I Sustainable Student Farm Presentation (AC) 2:30 Baking Club: Moon Pie Milkshakes (AR3) 4:30 Happy Hour (HL) 6:30 Roll it Tic Tac Toe Game (AR3)	11 10:00 Van Trip: View Cherry Blossoms at Japan House (FLMB) 10:15 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 1:00 Van trip to: 20th Annual Festival of Quilts (FLMB) 2:30 Intern Social (HL) 4:45 Trivia (AR3) 7:15 Movie Night (AC)	12 11:30 Coffee & Conversation (2nd Floor Common Area) 2:00 Seed Ball Planting (AR3)
11:30 Bowling (AR3) 2:00 The Class Act Showstoppers (1st Floor Common Area) 4:00 Piano Recital- Alan Johnson (AC)	14 Tax Day 10:15 Walk & Roll (AR2) 11:15 Eldergrow Class (1st Floor Garden) 2:30 Making Recycled Newspaper Kites (AR3) 4:45 Jeopardy! Stream (AR3) 6:30 Dominos (AR3)	15 10:00 Tuesday Morning Music Club (HL) 10:15 Jewelry Making (AR3) 11:15 Paper Making (AR3) 1:00 HoneyBee Presentation and Discussion (HPDR) 1:15 Renaeobics (AR2) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: True Spirit (AR2)	16 10:00 Exercise with Liz (AR2) 10:30 Van trip for: North Champaign shopping trip (FLMB) 11:15 Eldergrow Class (1st Floor Garden) 2:30 Jigsaw Puzzle Corner (AR3) 4:45 3rd Floor Walk (AR3) 6:30 Knitting and Crocheting Corner (AR3)	17 10:30 Everything but the kitchen sink: Kay's band (DR) 12:00 MeadowLark & Meadowbrook Pizza Party (MBDR) 1:45 Making Gelatin Bird Feeders (AR3) 3:00 Art Class (AS) 4:30 Happy Hour (HL) 6:30 Sorry! Game	18 10:15 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 2:30 Pressed Flower Art (AR3) 4:45 Trivia (AR3) 7:15 Movie Night (AC)	19 11:30 Coffee & Conversation (2nd Floor Common Area) 2:00 Checkers (AR3) 7:00 Van trip to: Champaign-Urbana Symphony Orchestra: Krannert (FLMB)
11:30 "All About Us" Board Game (AR3) 2:00 Seated Exercises (AR3) 5:00 Van trip to: dinner at Silvercreek (FLMB)	21 Passover Earth Day 10:15 Walk & Roll (AR2) 11:15 Eldergrow Class (1st Floor Garden) 2:00 Sing-along with Kristy (1st Floor Dining Area) 4:45 Jeopardy! Stream (AR3) 6:30 Pictionary (AR3)	22 10:15 Jewelry Making (AR3) 11:15 DIY Paper Cards (AR3) 1:15 Renaeobics (AR2) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: Call Me Kate (AR2)	23 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Class (1st Floor Garden) 2:00 Spring Harp Recital (HL) 4:45 3rd Floor Walk (AR3) 6:30 Knitting and Crocheting Corner (AR3) 8:00 Van Trip: Full Moonrise (FLMB)	24 10:30 Everything but the kitchen sink: Kay's band (DR) 1:30 Birthday Card Signing (AR3) 2:30 Baking Club: Earth Cookies (AR3) 4:30 Happy Hour (HL) 6:30 War Card Game (AR3)	25 10:00 Special Climate Change Lecture (AC) 10:15 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 2:00 Library Open House (HWL) 2:30 April Birthdays Social (AR3) 4:45 Trivia (AR3) 7:15 Movie Night (AC)	26 11:30 Coffee & Conversation (2nd Floor Common Area) 2:00 Glass Bead Suncatchers (AR3)
11:30 Seated Exercises (AR3) 2:00 Phase 10 Card Game (AR3) 7:00 Poetry Reading with Piano accompanist (AC)	28 10:15 Walk & Roll (AR2) 11:15 Eldergrow Class (1st Floor Garden) 2:30 Kite Flying (AR3) 4:45 Jeopardy! Stream (AR3) 6:30 Double Ditto (AR3)	29 10:15 Jewelry Making (AR3) 11:15 Blackout Poetry (AR3) 1:15 Renaeobics (AR2) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: Dolly Parton - A Musicares Tribute (AR2)	30	LOCATION KEY AC - Activity Center AS - Art Studio FC - Fitness Center FLMB - Front Lobby of Main Building G - Gallery HWL - Harding-Weld Library HPDR - Horsfall PDR	HL - Huegy Lounge DR - Laing Dining Room MBDR - Meadowbrook Dining Room AR2 - MeadowLark 2nd Floor Activity Room AR3 - MeadowLark 3rd Floor Activity Room FLMB - Meet in the front lobby	

April 2024

Assisted Living

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

