




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|--|
|  | 9:30 Strength Training 1 10:00 Communion 10:15 Morning Snack 10:30 Music Therapy & Coffee 11:00 Crafty Corner: Paper Flower Card 11:45 Namaste- Aromatherapy 1:00 Balloon Volleyball 2:00 Making Popcorn 2:30 Meet Me at the Movies <small>All Fools' Day</small> | 9:30 Sit and Be Fit 2 10:30 Morning Snack 10:30 Junk Drawer Detectives 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 UNO 3:00 Cooking 101: Wild Berry Muffins | 9:30 Seated Chair Yoga 3 10:00 Morning Snack 11:00 Scottish Folktales 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader 3:00 Musical Entertainer Manny Herrera 6:00 History Channel: American Pickers | 9:30 Morning Stretch 4 10:00 Morning Snack 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Soft Pretzels w/ Peach Iced Tea 4:00 Series on Netflix | 9:30 Seated Chair Zumba 5 10:00 Morning Snack 11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy 1:30 Color Your Mind 2:30 Snack Social 3:00 Walking Club & Sunshine in the Courtyard | 9:30 Sit & Be Fit 6 10:00 Good News, Coffee & Donuts 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Noodle Ball 2:30 Afternoon Snack 3:00 Meet Me at the Movies |
| 9:30 Praise & Joy w/ Susie Q 7 10:00 Morning Snack 10:30 Gardening Club! 11:00 Color & Chat 11:45 Namaste- Aromatherapy 1:30 Sunshine in the Courtyard 3:00 Johnny's Animal Experts | 9:30 Strength Training 8 10:00 Communion 10:15 Morning Snack 10:30 Music Therapy & Coffee 11:00 Trivia 11:45 Namaste- Aromatherapy 1:00 Balloon Volleyball 2:00 Making Popcorn 3:00 Happy Hour w/ Wild Bill | 9:30 Sit and Be Fit 9 10:00 Morning Snack 10:30 Can You Picture This? 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 Interactive Music w/ Amber | 9:30 Seated Chair Yoga 10 10:00 Morning Snack 11:00 Art Therapy: Watercolor Hummingbirds 11:45 Namaste- Aromatherapy 1:30 Stretch & Reminisce 2:30 Sing Along w/ Linda Updike 6:00 History Channel: American Pickers | 9:30 Morning Stretch 11 10:00 Morning Snack 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Margarita Monday w/ Quesadillas 4:00 Series on Netflix | 9:30 Chair Zumba 12 10:00 Morning Snack 11:00 Storytelling Corner 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 2:30 Snack Social 3:00 Walking Club & Sunshine in the Courtyard | 9:30 Sit & Be Fit 13 10:00 Good News, Coffee & Donuts 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Noodle Ball 2:30 Afternoon Snack 3:00 Meet Me at the Movies |
| 9:30 Hymn Sing Along w/ Rainer 14 10:00 Morning Snack 10:30 Gardening Club! 11:00 Color & Chat 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Johnny's Animal Experts | 9:30 Strength Training 15 10:00 Communion 10:15 Morning Snack 10:30 Music Therapy & Coffee 11:00 Crafty Corner: Butterfly Wind Chimes 11:45 Namaste- Aromatherapy 1:00 Balloon Volleyball 2:00 Making Popcorn 2:30 Meet Me at the Movies | 9:30 Sit and Be Fit 16 10:00 Morning Snack 10:30 Singing Scottish Songs 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 UNO 3:00 Cooking 101: Chocolate Chip Cookies | 9:30 Seated Chair Yoga 17 10:00 Morning Snack 11:00 Group Crossword 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader 3:00 Music Entertainment by Monsoon Winds 6:00 History Channel: American Pickers | 9:30 Morning Stretch 18 10:00 Morning Snack 11:00 Travelogue Destination: Scottish Highlands 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Ice Cream Cones in the Courtyard 4:00 Series on Netflix | 9:30 Chair Zumba 19 10:00 Morning Snack 11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy 1:30 Color Your Mind 2:30 Snack Social 3:00 Visit w/ Banjo Doug | 9:30 Sit & Be Fit 20 10:00 Good News, Coffee & Donuts 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Noodle Ball 2:30 Afternoon Snack 3:00 Meet Me at the Movies |
| 9:30 Praise & Joy w/ Susie Q 21 10:00 Morning Snack 10:30 Gardening Club! 11:00 Color & Chat 11:45 Namaste- Aromatherapy 1:30 Sunshine in the Courtyard 3:00 Johnny's Animal Experts | 9:30 Strength Training 22 10:00 Communion 10:15 Morning Snack 10:30 Music Therapy & Coffee 11:00 Trivia 11:45 Namaste- Aromatherapy 1:00 Balloon Volleyball 2:00 Making Popcorn 2:30 Meet Me at the Movies <small>Passover Begins Earth Day</small> | 9:30 Sit and Be Fit 23 10:00 Morning Snack 10:30 Picture in Time 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 April Birthday Party!! | 9:30 Seated Chair Yoga 24 10:00 Morning Snack 11:00 Art Therapy: Watercolor Daffodils 11:45 Namaste- Aromatherapy 1:30 Stretch & Reminisce 3:00 Flute Tunes w/ Sharon 6:00 History Channel: American Pickers <small>Administrative Professionals Day</small> | 9:30 Morning Stretch 25 10:00 Morning Snack 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Blueberry Pie & Coffee 4:00 Series on Netflix | 9:30 Chair Zumba 26 10:00 Morning Snack 11:00 Storytelling Corner 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 2:30 Snack Social 3:00 Walking Club & Sunshine in the Courtyard <small>Arbor Day</small> | 9:30 Sit & Be Fit 27 10:00 Good News, Coffee & Donuts 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Noodle Ball 2:30 Afternoon Snack 3:00 Meet Me at the Movies |
| 9:30 Hymn Sing Along w/ Rainer 28 10:00 Morning Snack 10:30 Gardening Club! 11:00 Color & Chat 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Johnny's Animal Experts | 9:30 Strength Training 29 10:00 Communion 10:15 Morning Snack 10:30 Music Therapy & Coffee 11:00 Crafty Corner: Hand Painted Bumblebees Rocks 11:45 Namaste- Aromatherapy 1:00 Balloon Volleyball 2:00 Making Popcorn 2:30 Meet Me at the Movies | 9:30 Sit and Be Fit 30 10:00 Morning Snack 10:30 Junk Drawer Detectives 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 UNO 3:00 Variety Show by Rise & Sign 5:00 Family Night!!! Pizza, Root Beer Floats and Bowling | <h1>April 2024</h1> <h2>Sierra Del Sol The Lodge</h2> | | | |

Schedule subject to change, for the most up to date information please see the Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710