

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CASCADES OF GRASS VALLEY ALL ACTIVITIES ARE SUBJECT TO CHANGE		9:30 100 Pushups Challenge 1 10:00 Daily Chronicle 10:30 Taxidermy Crafts 1:00 Chef Chat with Annekin 1:30 Sky Diving with Tammi 3:00 Name That Smell 4:00 Pre Dinner Brown"E" Social 6:30 Group Games - Self Guided	9:30 Windup Wednesday 2 10:00 Daily Chronicle 10:30 Armchair Travel - Ireland 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday 6:30 Group Puzzle - Self Guided	9:30 Disco Chair Exercise 3 10:00 Movie Matinee 1:30 Garden Club 3:00 Tai Chi with Homer 4:00 UNO! 6:30 Group Games - Self Guided	9:30 Seated Cardio Drumming 4 10:00 Daily Chronicle 10:30 Daily Donuts 1:30 BINGO! 3:00 Happy Hour with Cowboy Curt 4:00 Pre Dinner Reminiscing	9:30 Chair Yoga 5 10:00 Daily Devotional 10:15 Artful Endeavors: Free for all Craft 1:30 BINGO! 3:00 Poker with Ryan 6:30 Group Puzzle - Self Guided
9:30 Morning Stretch 6 10:00 Daily Chronicle 10:30 Simple Truth Church 1:30 BINGO! 3:00 Book Club 6:30 Movie Night	9:30 Morning Exercise 7 10:00 Manicures with Stephanie 1:30 Garden Center 3:00 Art Class: Painting Tulips 4:00 Technology Time with Stephanie 6:30 Group Games - Self Guided	9:30 Tune Up Tuesday 8 10:15 Sips for the Soul 11:00 Jeopardy 1:30 Virtual Museum Tour 3:00 Artful Endeavors: Free for all Craft 4:00 Heart & Sole Walking Club	9:30 Windup Wednesday 9 10:30 Rhythm & Rhyme with Nory 11:00 Catholic Mass with Father Davis & Brian Madigan 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday 6:30 Group Puzzle - Self Guided	9:30 Disco Chair Exercise 10 10:00 Daily Chronicle 10:15 Armchair Travel - Germany 2:30 Dementia Support Group with Pepsi 3:00 Bible Study with Henry 4:00 Pre Dinner Reminiscing 4:40 Wine & Design Wreath Making	9:30 Seated Cardio Drumming 11 10:00 Daily Devotional 10:30 Scenic Drive Around Town 1:30 BINGO! 3:00 Happy Hour with DENTY 4:00 Virtual Museum Tour	9:30 Chair Yoga 12 10:00 Daily Chronicle 10:15 Artful Endeavors: Free for all Craft 1:30 BINGO! 3:00 Poker with Ryan 6:30 Group Games - Self Guided Passover Begins
9:30 Morning Stretch 13 10:00 Daily Chronicle 10:30 Simple Truth Church 1:30 BINGO! 3:00 Book Club 6:30 Movie Night Palm Sunday	9:30 Morning Exercise 14 10:00 Daily Devotional 10:15 Garden Club 11:30 Walk on Mill St. Lunch to Follow 3:00 3D Spring Flowers Craft 6:30 Group Games - Self Guided	9:30 Tune Up Tuesday 15 10:15 Sips for the Soul 1:30 Artful Endeavors: Free for all Craft 3:00 Heart & Sole Walking Club 4:00 Pre Dinner Lobby Social	9:30 Windup Wednesday 16 10:00 Daily Chronicle 10:30 Share Your Travels 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday 6:30 Group Puzzle - Self Guided	9:30 Disco Chair Exercise 17 10:00 Daily Devotional 10:45 Resident Council Meeting, Fix It Chat & Activity Committee 1:30 Virtual Museum Tour 3:00 Tai Chi with Homer 4:00 Rock Painting	9:30 Seated Cardio Drumming 18 10:00 Daily Chronicle 10:30 Heart & Sole Walking Club at Condon Park 1:30 BINGO! 3:00 Happy Hour with Roland 4:00 Armchair Travel - Switzerland	9:30 Chair Yoga 19 10:00 Daily Chronicle 10:15 Artful Endeavors: Free for all Craft 1:30 BINGO! 3:00 Poker with Ryan 6:30 Group Games - Self Guided
9:30 Morning Stretch 20 10:00 Daily Chronicle 10:30 Simple Truth Church: Easter Service 1:30 Easter BINGO! 3:00 Book Club 6:30 Movie Night Easter Sunday	9:30 Morning Exercise 21 10:00 Manicures with Stephanie 1:30 Lucchesi Vineyard & Winery 3:30 Garden Club 6:30 Group Puzzle - Self Guided	9:30 Tune Up Tuesday 22 10:15 Sips for the Soul 1:30 Flower Arranging with Stephanie 3:00 Armchair Travel - National Parks within the U.S 4:00 Pre Dinner Social on Patio Earth Day	9:30 Windup Wednesday 23 10:00 Daily Chronicle 10:30 Rhythm & Rhyme with Nory 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday 6:30 Group Games - Self Guided Administrative Professionals Day	9:30 Disco Chair Exercise 24 10:00 Daily Devotional 10:30 Heart & Sole Walking Club 1:30 Artful Endeavors: Free for all Craft 3:00 Bible Study with Henry 4:00 Pre Dinner Lobby Social	9:30 Seated Cardio Drumming 25 10:00 Daily Chronicle 10:30 Garden Center 1:30 BINGO! 3:00 Happy Hour on the Patio 4:00 Heart & Sole Walking Club Arbor Day	9:30 Chair Yoga 26 10:00 Daily Devotional 10:15 Artful Endeavors: Free for all Craft 1:30 BINGO! 3:00 Poker with Ryan 6:30 Group Puzzle - Self Guided
9:30 Morning Stretch 27 10:00 Daily Chronicle 10:30 Simple Truth Church 1:30 BINGO! 3:00 Book Club 6:30 Movie Night	9:30 Morning Exercise 28 10:00 Daily Devotional 10:30 Muffin Monday 1:30 Grass Valley Museum and Cultural Center 3:30 Garden Club 6:30 Group Games - Self Guided	9:30 Tune Up Tuesday 29 10:00 Sips for the Soul 1:30 Flower Art Class 3:00 Virtual Museum Tour 4:00 Pre Dinner Social on Patio	9:30 Windup Wednesday 30 10:00 Daily Chronicle 10:30 Sips for the Soul 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday 6:30 Group Puzzle - Self Guided	<h1>April 2025</h1>		