



SUN

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FRI

SAT

# April

	<p><b>1</b></p> <p>10a Stability &amp; Fitness w Jen</p> <p>430p Gentle Yoga w Stephanie MUST sign up in Binder</p> <p>7p Christian Discipleship</p>	<p><b>2</b></p> <p>9a Coffee n Donuts 9a Walking Club 9a Scrabble 10:30a Stretch Band &amp; Sittercize</p> <p>5p Tai Chi w Peg MUST sign up in Binder</p> <p>7p Hand&amp;Foot Canasta</p>	<p><b>3</b></p> <p>8a Cardio Fitness w Jen ♥</p> <p>1p (TH) Art Talk: Impressionist Mary Cassatt</p> <p>2p Rummikub 2p Fitness vdo 30min Intermediate</p>	<p><b>4</b></p> <p>9am Walking Club 10a Mahjong 10:30a Stretch Band &amp; Sittercize</p> <p>7p Hand&amp;Foot Canasta 7p (TH) Yoga Nidra w Brenda.</p>	<p><b>5</b></p> <p>10a Dance Fitness w Lauren</p> <p>3p Farkle 7p Rummikub</p>	<p><b>6</b></p> <p>2p Bridge</p>
<p><b>7</b></p> <p>9am Walking Club 10:30a Stretch Band &amp; Sittercize</p> <p>1p (TH) Armchair Traveler: Greenberg's "Hidden Italy"</p> <p>2p Fitness vdo 30min Intermediate</p>	<p><b>8</b></p> <p>2p (GR) CALENDAR CHAT: What programs &amp; events would you like to see?</p> <p>430p Gentle Yoga w Stephanie MUST sign up in Binder</p> <p>7p Christian Discipleship</p>	<p><b>9</b></p> <p>9a Coffee n Donuts 9a Walking Club 9a Scrabble 10:30a Stretch Band &amp; Sittercize</p> <p>1p (TH) LCFPD Lecture: FROGS of Lake County</p> <p>5p Tai Chi w Peg MUST sign up in Binder</p> <p>7p Hand&amp;Foot Canasta</p>	<p><b>10</b></p> <p>8a Cardio Fitness w Jen ♥</p> <p>2p Rummikub 2p Fitness vdo 30min Intermediate</p> <p>5p Earth Day Trivia Happy Hour</p>	<p><b>11</b></p> <p>9am Walking Club 10a Mahjong 10:00a Stability w Jen</p> <p>1p (TH) Community Leader Chat: Vernon Hills Park Dist Exec Dir Jeff Fougerousse; Sign up in Binder</p> <p>6p (TH) Navigating Life's Transitions w Ruth</p> <p>7p Hand&amp;Foot Canasta 7p (TH) Yoga Nidra w Brenda.</p>	<p><b>12</b></p> <p>10a Dance Fitness w Lauren</p> <p>3p Farkle 7p Rummikub</p>	<p><b>13</b></p> <p>2p Bridge</p>
<p><b>14</b></p> <p>9am Walking Club 10:30a Stretch Band &amp; Sittercize</p> <p>1p (TH) Armchair Traveler: "The Art of Travel France"</p> <p>2p Fitness vdo 30min Intermediate</p>	<p><b>15</b></p> <p>10a Stability &amp; Fitness w Jen</p> <p>3p (AR) EVH Volunteer Garden Club 1st Mtg: Creating &amp; maintaining our eight container gardens</p> <p>430p Gentle Yoga w Stephanie MUST sign up in Binder</p> <p>7p Christian Discipleship</p>	<p><b>16</b></p> <p>9a Coffee n Donuts 9a Walking Club 9a Scrabble 10:30a Stretch Band &amp; Sittercize</p> <p>5p Tai Chi w Peg MUST sign up in Binder</p> <p>7p Hand&amp;Foot Canasta</p>	<p><b>17</b></p> <p>8a Cardio Fitness w Jen ♥</p> <p>10:30a OUTING -meet at Adler Arts Ctr Gallery: Philip Schorn artist; \$\$lunch; <b>must RSVP in Binder by 15th</b></p> <p>2p Rummikub 2p Fitness vdo 30min Intermediate 4p Spring Mix &amp; Mingle</p>	<p><b>18</b></p> <p>9am Walking Club 10a Mahjong 10:30a Stretch Band &amp; Sittercize</p> <p>5p "Sounds of Soul" concert w singer Dave Mehner 7p (TH) Yoga Nidra w Brenda 7p Hand&amp;Foot Canasta</p>	<p><b>19</b></p> <p>10a Dance Fitness w Lauren</p> <p>1p (AR) Paint w Tanya, RSVP w Holly by April 8 with \$\$ deposit</p> <p>3p Farkle 7p Rummikub</p>	<p><b>20</b></p> <p>2p Bridge</p>
<p><b>21</b></p> <p>9am Walking Club 10:30a Stretch Band &amp; Sittercize</p> <p>1p (TH) Armchair Traveler: Greenberg's "Hidden Canary Islands"</p> <p>2p Fitness vdo 30min Intermediate</p>	<p><b>22</b></p> <p>10a Stability &amp; Fitness w Jen</p> <p>430p Gentle Yoga w Stephanie MUST sign up in Binder</p> <p>7p Christian Discipleship</p>	<p><b>23</b></p> <p>9a Coffee n Donuts 9a Walking Club 9a Scrabble 10:30a Stretch Band &amp; Sittercize - resident led</p> <p>5p Tai Chi w Peg MUST sign up in Binder</p> <p>7p Hand&amp;Foot Canasta</p>	<p><b>24</b></p> <p>8a Cardio Fitness w Jen ♥</p> <p>2p Fitness vdo 30min Intermediate 2p Rummikub</p>	<p><b>25</b></p> <p>9am Walking Club 10a Mahjong 10:30a Stretch Band &amp; Sittercize - resident led</p> <p>7p (TH) Yoga Nidra w Brenda 7p Hand&amp;Foot Canasta</p>	<p><b>26</b></p> <p>10a Dance Fitness w Lauren</p> <p>3p Farkle 7p Rummikub</p>	<p><b>27</b></p> <p>2p Bridge</p>
<p><b>28</b></p> <p>9am Walking Club 10:30a Stretch Band &amp; Sittercize</p> <p>1p (TH) Armchair Traveler: "Hidden Turkey"</p> <p>2p Fitness vdo 30min Intermediate</p>	<p><b>29</b></p> <p>10a Stability &amp; Fitness w Jen</p> <p>1p ATW: Around the World - yogurt from 3 countries; sign up in binder</p> <p>430p Gentle Yoga w Stephanie MUST sign up in Binder</p> <p>7p Christian Discipleship</p>	<p><b>30</b></p> <p>9a Coffee n Donuts 9am Walking Club 9am Scrabble 10:30a Stretch Band &amp; Sittercize</p> <p>4p (AR) Let's Color On!</p> <p>5p Tai Chi w Peg MUST sign up in Binder</p> <p>6p (AR) BOOK CLUB</p> <p>7p Hand&amp;Foot Canasta</p>	<p>11:45-OUTING-meet at parking lot #2 Chicago Botanic Garden's McDonald Woods; Spring Ephemerals; \$\$Parking-lunch; <b>must RSVP in Binder by 26th</b></p>			

**LEGEND**  
 Red = RESIDENT Led Programs  
 Black = EVH Programs  
 AR=Art Room  
 ER=Exercise Room  
 GR=Great Room  
 TH= Theater  
 DK=Demo Kitchen area  
 SIGNUPS Certain Programs & Fitness classes require signups, these are HIGHLIGHTED in YELLOW SignUp Binder is behind the front desk.

RSVPs (different than Sign-Ups). Please note RSVPs for some events are required and may be thru email and/or with Holly, check with her.

AMENITY areas are available to reserve for private functions in 3 hour increments.

Please see Holly if you have any questions or would like to learn more.

\*\*CALENDAR may change without notice