

APRIL 2024 HIGHLIGHTS

Monday, April 1st
2:00 Top Unique Hotels & Houses You Won't Believe Exist (TD)

Tuesday, April 2nd
10:00 *New* Seated Dance Fitness Class with Kay (FS)
1:30 **MADE Party** it's time to celebrate our associates! TC

Wednesday, April 3rd *National take a walk day*
9:30 Walk on the Cypress Trail meet in the Lobby
10:00 & 1:00 Artisan Class **Wire Pendants** TG
1:00 Left Right Center Game with quarters (TG)

Thursday, April 4th
10:00 Seated Dance Fitness Class with Kay (FS)

Friday, April 5th
10:00 Nature Walk out to Erna Nixon Park Sign Up Req'd
10:30 Visit with the Golden's (TG)
7:00 **The Patty Waszak Show Music & Comedy** (TC)
8:00 Movie **"Looper"** R 1h 58m 2012 (CH 1-1)

Saturday, April 6th
1:00 Movie & Popcorn **"Blue Miracle"** PG 1h 36m 2021 (TD)

Sunday, April 7th
1:00 Movie & Popcorn Life on our Planet
"The Rules of Life" (TC)
1:15 **Out to Henegar "Diana" Ticket holders only**
7:00 Movie **"Pay it Forward"** PG-13 2h 3m (CH 1-1)

Monday, April 8th
1:45 **Partial Solar Eclipse Start Peek Time 3:00 pm**

Tuesday, April 9th
10:00 Seated Dance Fitness Class with Kay (FS)
1:00 **Confessions with Fr. Tim** (CH)

Wednesday, April 10th
8:30 **Patrick SFB**
11:30 **Out to Lunch Texas Roadhouse Sign up Req'd**
1:00 Artisan Class Week 1
Rustic Clocks (TG) \$5.00 Pre Sign Up Req'd
4:00 Happy Hour Sound Traveler (TC)

Thursday, April 11th
9:30 & 11:00 Seated Volleyball (TC)

Friday, April 12th
10:00 **Nature Walk out to Turkey Creek Park Sign Up Req'd**
11:00 **Guest Speaker Shannen Dental Hygiene Talk** (TG)
8:00 Movie **"Sully"** PG-13 1h 36m 2016 (CH 1-1)

Saturday, April 13th
1:00 Movie & Popcorn **"Lou"** R 1h 49m 2022 (TD)

Sunday, April 14th
10:00 Space Coast Church worship & Music (TG)
1:00 Movie & Popcorn Life on our Planet
"There First Frontier" (TC)
7:00 Movie **"Million Dollar Baby"** PG-13 2h 12m (CH 1-1)

Monday, April 15th
2:00 **Nooks Cook Hilda & Hilda Taquitos** (TN)

Tuesday, April 16th
10:00 Seated Dance Fitness Class with Kay (FS)
5:00 **Out to Rotary Park for a Dinner picnic Sign Up Req'd**

Wednesday, April 17th
1:00 Artisan Class week two **Rustic Clocks** (TG)
2:00 Welcoming Committee Meeting (TD) (Members Only)
4:00 Happy Hour **"Dave on Piano"** (TC)
7:00 The Fountains Book Club (CH)

Thursday, April 18th *Wear Animal Prints Day*
NO Fitness for associate training
3:00 **Residents Association Meeting** (TC)
6:15 **Municipal Free Band Concert Sign Up Req'd**

Friday, April 19th
10:00 **Nature Walk out to Kiwanis Park walk across the causeway Sign Up Req'd**
3:00 **New in Town Bus Tour Sign Up Req'd**
7:00 **Bonfire & Hotdogs with Bud on Guitar**
8:00 Movie **"The Good Shepherd"** R 2h 48m 2006 (CH 1-1)

Saturday, April 20th
1:00 Movie & Popcorn **"Dirty Dancing"** PG-13 1h 45m (TD)

Sunday, April 21st
3:00 **Seder Service Dinner TC Sign Up by April 15th**
7:00 Movie **"Out of Time"** PG-13 1h 45m 2003 (CH 1-1)

Monday, April 22nd Earth Day & Passover Begins at Sunset
2:00 **Plants & Trees You Won't Believe Actually Exist** (TD)

Tuesday, April 23rd
10:00 Seated Dance Fitness Class with Kay (FS)

Wednesday, April 24th *Wear Denim Day*
8:30 **Patrick SFB**
1:00 Artisan Class week 3 **Rustic Clocks** (TG)
11:30 **Out Thrift shopping & lunch "That Little Restaurant" Sign Up Req'd**
4:00 Singing in the Rain Happy Hour (TC)

Thursday, April 25th
9:30 & 11:00 Seated Volleyball (TC)
2:00 **The Match Game TC**
Contestants wanted

Friday, April 26th
9:00, 10 & 11 **Laughing Yoga** (FS)
10:00 **Nature Walk out to Ballard Park Sign Up Req'd**
3:00 **New in Town Bus Tour Sign Up Req'd**
8:00 Movie **"Castaway"** PG-13 2h 23m 2000 (CH 1-1)

Saturday, April 27th
3:00 **April Birthday Party with Barbara on Piano** (TC)
6:15 **Woodstock tribute concert at Melbourne Auditorium Pre tickets Req'd**

Sunday, April 28th
7:00 Movie **"Finding Forrester"** PG-13 2h 16m (CH 1-1)

Monday, April 29th
11:00 **Out to Spessard Holland South Beach Park for a Earth day Healthy Picnic Sign Up Req'd**
2:00 **Bridges & Roads You Would Never Want to Drive On** (TD)

Tuesday, April 30th
10:00 Seated Dance Fitness Class with Kay (FS)
11:00 **Sit down with Sandy** (TC)



Meet The Board April 2024



When I first moved into the Fountains 11 Years ago, I was told – “It’s Like a Cruise Ship” - and it is! We have a “Captain” who steers the ship and invites us to the “Captains Table”. We have an “Activities Director” who makes an “Art” of keeping us all well and active. We have “Transportation” that takes us on our “Ports of Call”. We have “Housekeeping” and “Maintenance” that keep our cabins clean and in working order. We have “Servers” and “Cooks” that keep the goodies coming. We have many other “Lifeboats” that keep us safe and are “Making a Difference Everyday” So enjoy your Cruise and bring on the Baked Alaska!
Helen Faulkner

A man was traveling across the Atlantic Ocean on a cruise, yet never ate in the dining hall with the other passengers. Instead, at mealtime the man went off by himself and ate from a supply of cheese and crackers that he brought along with him.

Near the end of the trip, another passenger asked him "Why don't you come join us in the dining hall tonight for dinner?"

Embarrassed, the man replied "Well, to tell you the truth, I only had enough money to purchase my ticket. I don't have any extra money to purchase fancy meals."

Somewhat baffled, the other passenger replied, "Sir, don't you realize the meals are already included in the price of the ticket? Your meals have already been paid for!"

If you haven't yet experienced our transportation services, visited the Fitness Spot for a workout or class, participated in our activities, dined at the Bistro, enjoyed a performance, used the pool, or strolled along our scenic walking trail, what are you waiting for? Just like the man on the ship, all these amenities are included in the price of your ticket.

If there's something specific you'd like to see added to our calendar of events, please speak with a member of our Art of Living Well Department. It's our pleasure to cater to your needs.

Victoria
Director of Art of Living Well

The Artisan Class

Wednesday's
In The Gathering Sign Up Req'd

April 3rd

“Wire Pendants”

April 10th, 17th & 24th

“Rustic Clocks”

This Craft is \$5.00

Skills needed, sanding, glueing, staining



Every Saturday at 9:30am in The
Gathering Watercolor Class with Jessie

Sundays Open Art Studio with Gretchen
Sunday's from 2:00pm to 4:00pm (TG)

Nature Walking Group

Every Friday in April leaving at 10:00am

April 5th Erna Nixon Park

.60 mile elevated boardwalk winding
through a natural Florida hammock

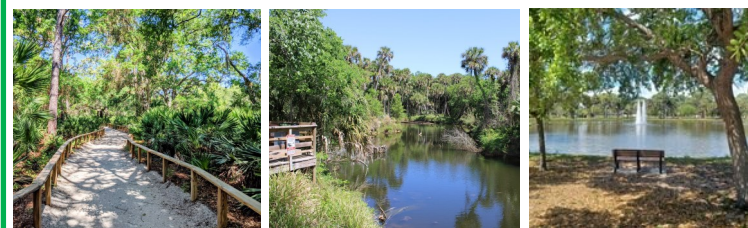
April 12th Turkey Creek Park

1.85 mile boardwalk passing through
hydric (wet) hammock.

April 19th Kiwanis Park Walk over the
causeway 2.1-mile out-and-back

April 26th Gleason Park

0.4 mile located near Satellite Beach



Medication Safety

The most important step to medication safety is to educate yourself about the specific drugs you are taking and the conditions they are intended to treat.

Keep a list of all medications

Including herbal supplements and review your medications periodically.

Ask questions

Make sure you know what the prescription is for and how it should be taken.

Enlist your pharmacist's help

Make sure you can read and understand the instructions and take as directed.

Ask about interactions

Taking certain combinations of medications and foods/beverages can either cause dangerous side effects or affect the potency of one or more of your prescriptions.

Don't stop or change your dose.

Even if you are feeling better, talk to your health care professional before changing your medication. Otherwise your care can be compromised. **Especially Antibiotics.

Do not reuse or share prescription medications

Never share prescriptions; always check with your health care professional before taking a prescription.

Never keep old medications

Never self prescribe with prescription drugs when you think you know the nature of the problem.

Dispose of all expired medications properly

Don't flush the drugs down the toilet, throw them in the garage, or leave them in your medicine cabinet or shoe box.

Brevard has an Opioid Epidemic

Please keep any pain medicine where it won't be easily taken by others.

National Prescription Drug Take Back Week is April 15th to 19th

Partial Solar Eclipse Monday April 8th

Begins at 1:48 pm Ends at 4:17 pm

Maximum Eclipse at 3:04 pm

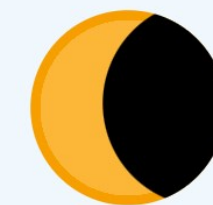
Duration 2 hours, 29 minutes

Never Look Directly at the Sun

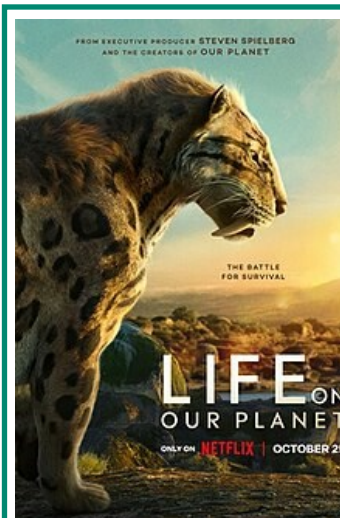
Always use Eclipse Glasses

(you may pick these up at the front desk the day of)

Apr 8, 2024 at 3:04 pm



Max View in Melbourne, Florida



Sundays at 1:00 pm Movie & Popcorn

Life on our Planet

Narrated by Morgan Freeman

Each episode focuses on a specific geologic period, including the geologic and ecological changes that occurred during them and the prehistoric life that lived during those periods. Each episode also features modern taxa that can trace their ancestry back to the geologic time periods shown, with several live-action segments akin to traditional nature documentaries, showing footage of some of the unique modern adaptations that some of these taxa have evolved.

Woodstock Tribute Band

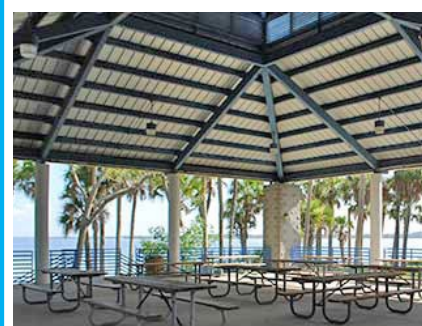
A magical tribute to the iconic festival that defined a generation

March 27th Leaving at 6:15 pm Melbourne Auditorium

Tickets around \$27 See Victoria for Tickets

This show will take you on a musical journey from the acoustic opening of Richie Havens to the explosive guitar sounds of Jimi Hendrix! From Joplin to the Who to CSNY to Santana to Jefferson Airplane to Sly and the Family Stone. This is an awesome musical performance complete with first class audio and full video/visual stage presentation.

This show has become a special event and tradition selling out at venues across the US!



You choose Lunch or Dinner Picnic

Tuesday, April 16th 5:00 pm

Sunset Picnic at Rotary Park Suntimee

or

Monday, April 29th 11:00 Earth Day

Healthy Lunch Picnic at






Spessard Holland South Beach Park



The Fountains Calendar of Events

April 2024

"The Art of Living Well"

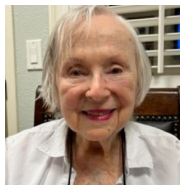
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>April Showers bring Spring Flowers</i></p> 	<p>9:00 Active 1</p> <p>Balance Class (FS)</p> <p>10:00 Knitting Club (TD)</p> <p>10:00 Moderate Balance Class (FS)</p> <p>10:00 Man Chat (TG)</p> <p>11:00 Sit and Fit Balance (FS)</p> <p>1:00 Cornhole (TC)</p> <p>1:30 Out to Publix</p> <p>2:00 Top Unique Hotels & Houses You Won't Believe Exist (TD)</p> <p>3:00 Quarter Bingo (TC)</p> <p>3:00 Bible Fellowship (TG)</p> <p>6:30 Hand and Foot Game (TG)</p> <p>7:00 Virtual Bowling (TC)</p> <p>7:00 America's Founding Fathers with Bill (TD)</p>	<p>9:00 Active Fitness (FS) 2</p> <p>9:00 Library & Post Office</p> <p>10:00 Dining Meeting (TD)</p> <p>10:00 New Seated Fitness Dance Class with Kay (FS)</p> <p>10:30 Vision Skills class Week 4 (TC)</p> <p>10:30 Water Aerobics</p> <p>11:00 Sit and Fit (FS)</p> <p>12:00 Friendly Bridge Sign Up Req'd (TD)</p> <p>1:30 MADE Party it's time to celebrate our associates! TC</p> <p>1:30 Out to Wal-Mart</p> <p>2:00 Cypress Trail Walk (LB)</p> <p>2:30 Texas Hold'em (TG)</p> <p>3:00 Quarter Bingo (TC)</p> <p>7:00 Virtual Bowling (TC)</p>	<p>National take a walk day 3</p> <p>9:00 Active Fitness (FS)</p> <p>9:00 to 1:00 Blood Pressures (WC)</p> <p>9:30 Cypress Trail Walk (LB)</p> <p>10:00 Moderate Fitness (FS)</p> <p>10:00 & 1:00 Artisan Class "Wire Pendants" TG Sign up Req'd</p> <p>11:00 Sit and Fit (FS)</p> <p>11:00 Private Event TC</p> <p>1:00 Left Right Center Game with quarters (TG)</p> <p>1:30 Wal-Mart Marketplace</p> <p>3:00 Divine Mercy Chaplet CH</p> <p>4:00 Happy Hour "Charles on Piano" (TC)</p> <p>7:00 Virtual Bowling (TC)</p> <p>7:00 Early Supreme Court (TD)</p>	<p>9:00 Active Stretch Fitness (FS) 4</p> <p>9:30 Cypress Trail Walk (LB)</p> <p>10:00 Moderate Stretch Fitness (FS)</p> <p>10:00 Train Dominoes (TG)</p> <p>10:00 Parkinson's Support Group (CH)</p> <p>10:30 Water Aerobics</p> <p>11:00 Seated Stretch (FS)</p> <p>12:00 Friendly Bridge Sign Up Req'd (TD)</p> <p>12:30 American Mahjong (TG)</p> <p>1:00 Melbourne Mall</p> <p>1:30 Walgreens and CVS</p> <p>7:00 Life Stories told by "You" (TC)</p>	<p>9:00 Active Fitness (FS) 5</p> <p>10:00 Moderate Fitness (FS)</p> <p>10:00 Nature Walk out to Erna Nixon Park Sign Up Req'd</p> <p>10:30 Visit with the Golden's (TG) </p> <p>11:00 Sit and Fit (FS)</p> <p>1:00 How the States got their Shapes "Battle of the Bible Belt" And "Vice vs Virtue" (TC)</p> <p>1:30 Out to Publix</p> <p>2:30 Texas Hold'em (TG)</p> <p>3:00 Double Bingo .50 a card (TC)</p> <p>3:00 Blackjack (TG)</p> <p>7:00 The Patty Waszak Show Music & Comedy (TC)</p> <p>8:00 Movie "Looper" R 1h 58m 2012 (CH 1-1)</p>	<p>9:30 Watercolor Class with Jessie (TG) 6</p> <p>10:00 Saturday Shuttle Service Sign up Req'd</p> <p>10:30 Water Aerobics</p> <p>12:30 Bridge (TG)</p> <p>1:00 Train Dominoes (TG)</p> <p>1:00 Movie & Popcorn "Blue Miracle" PG 1h 36m 2021 (TD)</p> <p>2:30 Texas Hold'em (TG)</p> 
	<p>8:30 Out to Church 7</p> <p>11:00 Catholic Service (CH)</p> <p>12:30 Bridge (TD)</p> <p>1:00 Movie & Popcorn Life on our Planet "The Rules of Life" (TC)</p> <p>1:15 Out to Henegar "Diana" Ticket holders only</p> <p>2:00 Rummikub (TD)</p> <p>2:00 to 4:00 Open Art Studio with Gretchen (TG)</p> <p>2:30 Non-Denominational Church Service CH</p> <p>3:00 Quarter Bingo (TC)</p> <p>6:30 Rosary Prayer Service CH</p> <p>7:00 Movie "Pay it Forward" PG-13 2h 3m (CH 1-1)</p>	<p>9:00 Active 8</p> <p>Balance Class (FS)</p> <p>10:00 Knitting Club (TD)</p> <p>10:00 Moderate Balance Class (FS)</p> <p>10:00 Man Chat (TG)</p> <p>11:00 Sit and Fit Balance (FS)</p> <p>1:00 Cornhole (TC)</p> <p>1:30 Out to Publix</p> <p>1:45 Partial Solar Eclipse Start Peek Time 3:00 pm See Bubbler for details</p> <p>3:00 Quarter Bingo (TC)</p> <p>3:00 Bible Fellowship (TG)</p> <p>6:30 Hand and Foot Game (TG)</p> <p>7:00 Virtual Bowling (TC)</p> <p>7:00 America's Founding Fathers with Bill (TD)</p>	<p>9:00 Fitness (FS) 9</p> <p>9:00 Library & Post Office</p> <p>10:00 Menu Chat (TD)</p> <p>10:00 Seated Fitness Dance Class with Kay (FS)</p> <p>10:30 Vision Skills class Week 5 (TC)</p> <p>10:30 Water Aerobics</p> <p>11:00 Sit and Fit (FS)</p> <p>12:00 Friendly Bridge Sign Up Req'd (TD)</p> <p>1:00 Confessions with Fr. Tim (CH)</p> <p>1:30 Out to Wal-Mart</p> <p>2:00 Cypress Trail Walk (LB)</p> <p>2:30 Texas Hold'em (TG)</p> <p>3:00 Bingo (TC)</p> <p>7:00 Virtual Bowling (TC)</p>	<p>8:30 Patrick SFB 10</p> <p>9:00 Active Fitness (FS)</p> <p>9:00 to 1:00 Blood Pressures One Senior Place (WC)</p> <p>10:00 Moderate Fitness (FS)</p> <p>11:00 Sit and Fit (FS)</p> <p>11:30 Out to Lunch Texas Roadhouse Sign up Req'd</p> <p>1:00 Artisan Class Week 1 Rustic Clocks (TG) \$5.00 Pre Sign Up Req'd</p> <p>1:30 Wal-Mart Marketplace</p> <p>3:00 Divine Mercy Chaplet (CH)</p> <p>4:00 Happy Hour "Sound Traveler" (TC)</p> <p>7:00 Virtual Bowling (TC)</p> <p>7:00 Early Supreme Court (TD)</p> 	<p>9:30 Seated Volleyball (TC) 11</p> <p>10:00 Train Dominoes (TG)</p> <p>10:00 Parkinson's Support Group (CH)</p> <p>10:30 Water Aerobics</p> <p>11:00 Seated Volleyball (TC)</p> <p>12:00 Friendly Bridge Sign Up Req'd (TD)</p> <p>12:30 American Mahjong (TG)</p> <p>1:00 Kohls & Target</p> <p>1:30 Walgreens and CVS</p> <p>7:00 Life Stories told by "You" (TC)</p> 	<p>9:00 Active Fitness (FS) 12</p> <p>10:00 Moderate Fitness (FS)</p> <p>10:00 Nature Walk out to Turkey Creek Park Sign Up Req'd</p> <p>11:00 Sit and Fit (FS)</p> <p>11:00 Skits & Skats Fun & Laughter Improv (TG)</p> <p>11:00 Shannen Dental Hygiene Talk (TG)</p> <p>1:00 How the States got their Shapes "Midwest vs the Rest" And "Is West Best?" (TC)</p> <p>1:30 Out to Publix</p> <p>2:30 Texas Hold'em (TG)</p> <p>3:00 Double Bingo .50 a card (TC)</p> <p>3:00 Blackjack (TG)</p> <p>7:00 Virtual Bowling (TC)</p> <p>8:00 Movie "Sully" PG-13 1h 36m 2016 (CH 1-1)</p>

WHERE IS IT?

First Floor
 The Commons TC
 The Deck (Card Room) TD
 Library
 Lobby LB
 Veranda & Oasis Dining Room

Second Floor
 Bistro Dining Room BT
 The Nook (Coffee) TN
 Fitness Spot FS
 Brain Gym (Computers) & Reference Library BG
 Game Room "Billiards & Table Shuffleboard" GR
 Wellness Consultation WC
 The Gathering TG

Third Floor
 Chapel CH (South Side)
Fountains Inhouse Channel
 (On your personal TV) CH 1-1



New Chair Dance Exercise Class

every Tuesday at 10:00am with Kay in the Fitness Spot

Throughout human history, dancing has held a prominent position. Today, people from various backgrounds and countries can enjoy the many health benefits that dancing offers. It is a popular element in a wide range of celebrations and ceremonies. Dancing not only brings joy to the spirit but also promotes physical health, and with practice, anyone can learn the basic dance moves.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>8:30 Out to Church 10:00 Space Coast Church worship & Music All Welcome! (TG) 11:00 Catholic Service CH 12:30 Bridge (TG) 1:00 Movie & Popcorn Life on our Planet "There First Frontier" (TC) 2:00 Rummikub BG 2:00 to 4:00 Open Art Studio with Gretchen (TG) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 6:30 Rosary Prayer Service CH 7:00 Movie "Million Dollar Baby" PG-13 2h 12m (CH 1-1)</p>	<p>15</p> <p>9:00 Active <i>Balance</i> Class (FS) 10:00 Knitting Club (TD) 10:00 Moderate <i>Balance</i> Class (FS) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) 1:30 Out to Publix 2:00 Nooks Cook Hilda & Hilda Taquitos (TN) 3:00 Quarter Bingo (TC) 3:00 Bible Fellowship (TG) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC) 7:00 America's Founding Fathers with Bill (TD)</p>	<p>16</p> <p>9:00 Fitness (FS) 9:00 Library & Post Office 10:00 Menu Chat (TD) 10:00 Seated Fitness Dance Class with Kay (FS) 10:30 Vision Skills class Week 5 (TC) 10:30 Water Aerobics 11:00 Sit and Fit (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:30 Out to Wal-Mart 2:00 Cypress Trail Walk (LB) 2:30 Texas Hold'em (TG) 3:00 Bingo (TC) 5:00 Out to Rotary Park for a Dinner picnic Sign Up Req'd 7:00 Virtual Bowling (TC)</p>	<p>17</p> <p>9:00 Active Fitness (FS) 9:00 to 1:00 <i>Blood Pressures</i> One Senior Place (WC) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 1:00 Artisan Class week 2 Rustic Clocks (TG) 1:30 Wal-Mart Marketplace 2:00 Welcoming Committee Meeting (TD) (Members Only) 3:00 Divine Mercy Chaplet CH 4:00 Happy Hour "Dave on Piano" (TC) 7:00 Virtual Bowling (TC) 7:00 Early Supreme Court (TD) 7:00 The Fountains Book Club (CH)</p>	<p>18</p> <p>Wear Animal Prints Day 9:00 Active Stretch Fitness (FS) 9:30 Cypress Trail Walk (LB) 10:00 Moderate Stretch Fitness (FS) 10:00 Train Dominoes (TG) 10:00 Parkinson's Support Group (CH) 10:30 Water Aerobics 11:00 Seated Stretch (FS) 1:30 Walgreens and CVS 3:00 Residents Association Meeting All encouraged to attend (TC) 6:15 Municipal Free Band Concert Sign Up Req'd 7:00 Life Stories told by "You" (TC)</p> 	<p>19</p> <p>9:00 Active Fitness (FS) 10:00 Moderate Fitness (FS) 10:00 Nature Walk out to Kiwanis Park walk Across the causeway Sign Up Req'd 11:00 Sit and Fit (FS) 11:00 Skits & Skats Improv (TG) 1:00 How the States got their Shapes "City vs country" and "East vs West" (TC) 1:30 Out to Publix 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 3:00 New in Town Bus Tour Sign Up Req'd 7:00 Bonfire & Hotdogs with Bud on Guitar  8:00 Movie "The Good Shepherd" R 2h 48m 2006 (CH 1-1)</p>	<p>20</p> <p>9:30 Watercolor Class with Jessie (TG) 10:00 Saturday Shuttle Service 10:30 Water Aerobics 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Movie & Popcorn "Dirty Dancing" PG-13 1h 45m 1987 (TD) 2:30 Texas Hold'em (TG)</p>
<p>21</p> <p>8:30 Out to Church 11:00 Catholic Service CH 12:30 Bridge (TD) 1:00 Movie & Popcorn Life on our Planet "Invaders of the Land" (TC) 2:00 Rummikub (TD) 2:00 to 4:00 Open Art Studio with Gretchen (TG) 2:30 Non-Denominational Church Service CH 3:00 Seder Service Dinner TC Sign Up by April 15th NO Quarter Bingo (TC) 6:30 Rosary Prayer Service CH 7:00 Movie "Out of Time" PG-13 1h 45m 2003 (CH 1-1)</p>	<p>22</p> <p>Earth Day 9:00 Active <i>Balance</i> Class (FS) 10:00 Knitting Club (TD) 10:00 Moderate <i>Balance</i> Class (FS) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) 1:30 Out to Publix 2:00 Plants & Trees You Won't Believe Actually Exist (TD) 3:00 Quarter Bingo (TC) 3:00 Bible Fellowship (TG) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC) 7:00 America's Founding Fathers with Bill (TD) Passover Begins at Sunset</p>	<p>23</p> <p>Passover 9:00 Fitness (FS) 9:00 Library & Post Office 10:00 Menu Chat (TD) 10:00 Seated Fitness Dance Class with Kay (FS) 10:30 Vision Skills class Week 5 (TC) 10:30 Water Aerobics 11:00 Sit and Fit (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:30 Out to Wal-Mart 2:00 Cypress Trail Walk (LB) 2:30 Texas Hold'em (TG) 3:00 Bingo (TC) 7:00 Virtual Bowling (TC)</p>	<p>24</p> <p>Wear Denim Day 8:30 Patrick SFB 9:00 Active Fitness (FS) 9:00 to 1:00 <i>Blood Pressures</i> with One Senior Place WC 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 11:30 Out Thrift shopping & lunch "That Little Restaurant" Sign Up Req'd 1:00 Artisan Class week three Rustic Clocks (TG) 1:30 Wal-Mart Marketplace 3:00 Divine Mercy Chaplet CH 4:00 Singing in the Rain Happy Hour (TC) 7:00 Virtual Bowling (TC) 7:00 Early Supreme Court with Bill (TD)</p> 	<p>25</p> <p>9:30 Seated Volleyball (TC) 10:00 Train Dominoes (TG) 10:00 Parkinson's Support Group (CH) 10:30 Water Aerobics 11:00 Seated Volleyball (TC) 12:00 Friendly Bridge Sign Up Req'd (TD) 12:30 American Mahjong (TG) 1:00 Out to Bealls 1:30 Walgreens and CVS 2:00 The Match Game TC Contestants wanted 7:00 Life Stories told by "You" (TC)</p>	<p>26</p> <p>9:00 Laughing Yoga (FS) 10:00 Laughing Yoga (FS) 10:00 Nature Walk out to Gleason Park Sign Up Req'd 11:00 Laughing Yoga (FS) 11:00 Group Skits & Skats Fun & Laughter Improv (TG) 1:00 How the States got their Shapes "Rebels & Outlaws" and "Mess with Texas" (TC) 1:30 Out to Publix 2:30 Texas Hold'em (TG) 3:00 New in Town Bus Tour Sign Up Req'd 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 8:00 Movie "Castaway" PG-13 2h 23m 2000 (CH 1-1)</p>	<p>27</p> <p>9:30 Watercolor Class with Jessie (TG) 10:00 Saturday Shuttle Service 10:30 Water Aerobics 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 2:30 Texas Hold'em (TG) 3:00 April Birthday Party with Barbara on Piano (TC) All Welcome! 6:15 Woodstock Tribute Concert at Melbourne Auditorium Pre tickets Req'd See Victoria</p> 
<p>28</p> <p>8:30 Out to Church 11:00 Catholic Service CH 12:30 Bridge (TD) 1:00 Movie & Popcorn Life on our Planet "In Cold Blood" (TC) 2:00 Rummikub (TD) 2:00 to 4:00 Open Art Studio with Gretchen (TG) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 6:30 Rosary Prayer Service CH 7:00 Movie "Finding Forrester" PG-13 2h 16m (CH 1-1)</p>	<p>29</p> <p>9:00 Active <i>Balance</i> Class (FS) 10:00 Knitting Club (TD) 10:00 Moderate <i>Balance</i> Class (FS) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 11:00 Out to Spessard Holland South Beach Park for a Healthy Picnic Sign Up Req'd 1:00 Cornhole (TC) 1:30 Out to Publix 2:00 Bridges & Roads You Would Never Want to Drive On (TD) 3:00 Quarter Bingo (TC) 3:00 Bible Fellowship (TG) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC) 7:00 America's Founding Fathers with Bill (TD)</p>	<p>30</p> <p>9:00 Active Fitness (FS) 9:00 Library & Post Office 10:00 Menu Chat (TC) 10:00 Seated Fitness Dance Class with Kay (FS) 10:30 Water Aerobics 11:00 Sit and Fit (FS) 11:00 Sit down with Sandy (TC) 12:00 Friendly Bridge (TD) 1:30 Out to Wal-Mart 2:00 Cypress Trail Walk (LB) 2:30 Texas Hold'em (TG) No Bingo 3:30 Associate Event (TC) 7:00 Virtual Bowling (TC)</p>	<p>New in Town?</p> <p>Bus Tour! </p> <p>Join us on <u>one</u> of two bus tours around town.</p> <p>Friday, April 19th or Friday, April 26th at 3:00 pm</p> <p>Are you new to Melbourne? Join us for a convenient way to familiarize yourself with the area. Our guided tours will cover a 6-mile radius, highlighting shopping and medical districts. These hour-long tours will provide an overview of the area from the comfort of a bus, without any stops along the way.</p>			 <p>KISCO SENIOR LIVING The Art of Living Well™</p> <p>Please sign up in the transportation book located in the Lobby for <u>ALL</u> events & outings that are in Green or that says sign up required. If you cancel, please cross off your name. Thank You</p>