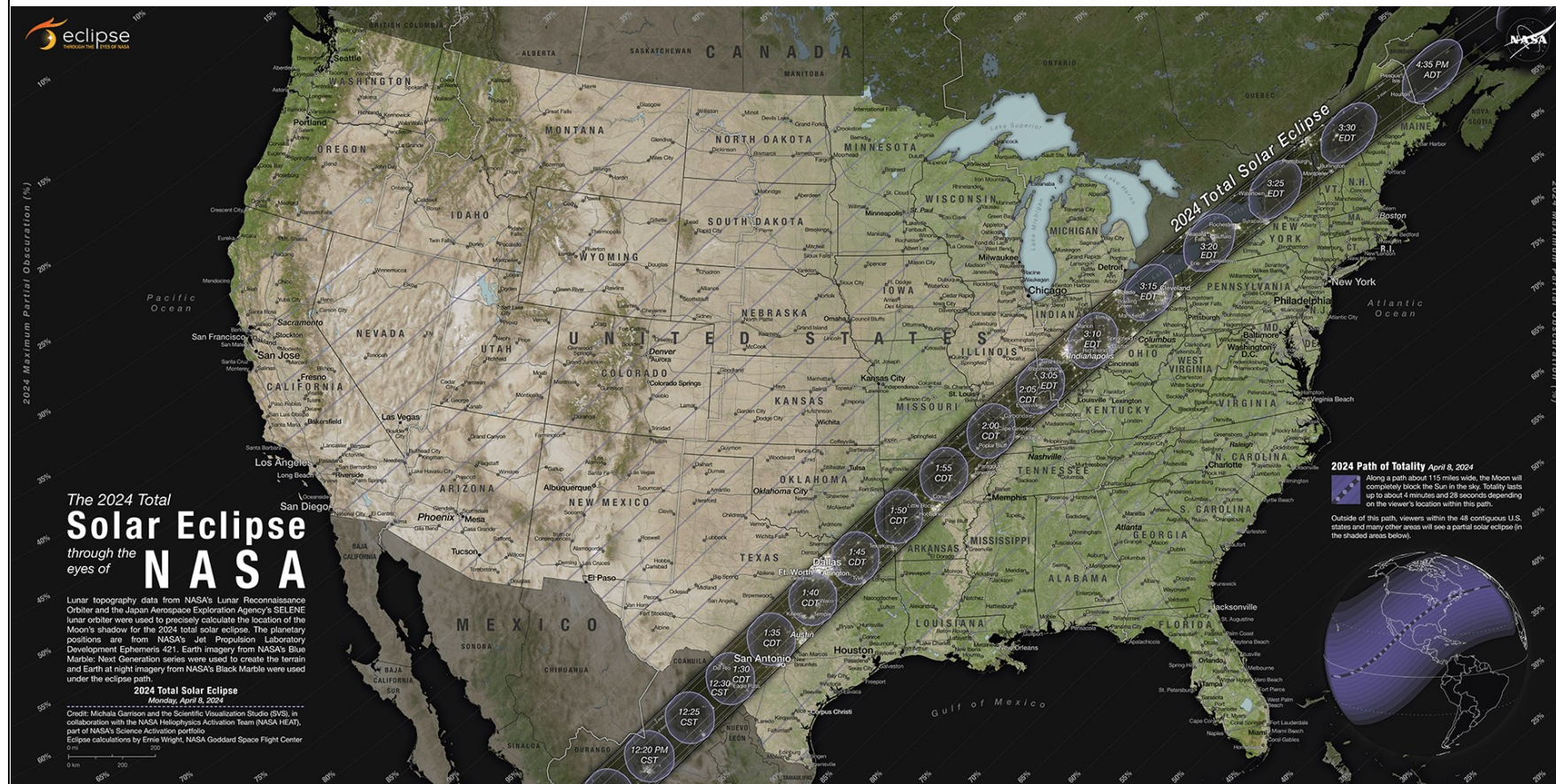


APRIL 2024 PROGRAMS & EVENTS

Solar Eclipse 2024

The Monday, April 8, 2024, total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. The total solar eclipse will begin over the South Pacific Ocean. Weather permitting, the first location in continental North America that will experience totality is Mexico's Pacific coast at around 11:07 a.m. PDT. The path of the eclipse continues from Mexico, entering the United States in Texas, and traveling through Oklahoma, Arkansas, Missouri, Illinois, Kentucky, Indiana, Ohio, Pennsylvania, New York, Vermont, New Hampshire, and Maine. Small parts of Tennessee and Michigan will also experience the total solar eclipse. The eclipse will enter Canada in Southern Ontario, and continue through Quebec, New Brunswick, Prince Edward Island, and Cape Breton. The eclipse will exit continental North America on the Atlantic coast of Newfoundland, Canada, at 5:16 p.m. NDT.

The best time for us to view the eclipse here at Abbotswood will be 3:15 p.m. We will host Pre-eclipse Trivia and refreshments starting at 2:45 p.m. on the Front Porch. We will remain there for the eclipse at 3:15 p.m.



Sunday 3 p.m. Travel Documentaries on Ch 1-1



- 7th The Universe: The Future of Interstellar Travel
- 14th A Journey Around the Milky Way
- 21st Life Beyond the Universe. Journey into Outer Space
- 28th The Universe: Epic Journey to Space

RIDE FOR

\$5

Our Ride for \$5 takes place the 2nd and 4th Wednesdays 10:00 am -2:00 pm. During this time, take a ride within a 5 mile radius for only \$5. Please sign up in advance.







On April 18th, in honor of **National Animal Crackers Day**, you will find a jar of animal crackers at the front desk. Guess how many animal crackers are in the jar! The resident with the best guess will win a **\$200 rent credit** for the following month!


Abbotswood at Stonehenge



On April 19th, wear the jersey or colors of your favorite sports team! Go, team, go!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 April Fools' Day</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>11:00 Resident Ambassador Meeting (Conf.)</p> <p>2:00 Documentary: <u>Eight Wonders Of Our Solar System</u> (MP)</p> <p>3:30 April Fool's Day Trivia (CR)</p> <p>6:15 Bible Discussion with Jim Parker & Katie Rawson (CR)</p>	<p>2</p> <p>10:15 Blood Pressure Checks (Lib)</p> <p>10:30 Who/What/Where Trivia Game (MP)</p> <p>10:30 Grocery Shopping, Banks & Post Office Trips (B, SU)</p> <p>1:00 Food Forum with Darren & Emily (MP)</p> <p>1:30 Grocery Shopping (B, SU)</p> <p>2:00 Chair Dance with Frankie Peterson (MP)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:15 BINGO (MP)</p> <div style="text-align: center;">  </div>	<p>3</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>10:30 Men's Coffee Chat (A Hall Lounge)</p> <p>1:00 SingFit: <u>Big Hits of the Early 20th Century</u> (MP)</p> <p>1:30 Fitness Center Tour (Fitness Center)</p> <p>2:00 Christian Music with Jim (MP)</p> <p>2:45 Floral Arranging (CR)</p> <p>3:15 Music with Sandra (1st L.)</p>	<p>4 National Walking Day</p> <p>10:00 Muscle of the Month Exercise with Legacy (MP)</p> <p>10:45 Thursday Thinkers: <u>Welcome to April Word Puzzles</u> (CR)</p> <p>1:15 Don's Famous Cinnamon Pecans with Kelley (CR)</p> <p>2:00 Tai Chi/ Qi Gong with Shahram (MP)</p> <p>2:00 Scrabble (C Hall Lounge)</p> <p>3:30 National Walking Day: DIY Walker License Plates (CR)</p> <p>6:15 Jeopardy (MP)</p> <div style="text-align: center;">  </div>	<p>5</p> <p>9:30 Friday on Your Feet: Standing Exercise (MP)</p> <p>10:15 Hymn Sing & Message with Garland & Myra (1st L.)</p> <p>11:15 Lunch Outing to Gonza (B, SU)</p> <p>1:30 Sit & Fit: Seated Exercise Class (MP)</p> <p>2:45 Move & Groove with Housekeeping (1st L.)</p> <p>3:00 Musical Entertainment (1st L.)</p> <p>6:30 Poker Group (CR)</p>	<p>6</p> <p>10:00 Calm Coloring (CR)</p> <p>10:30 Play Nine Card Game (CR)</p> <p>1:00 SingFit: <u>Popular Songs that Appeared on TV</u> (MP)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>7:15 Movie: <u>The Lost Moments</u> (Ch. 1-1)</p> <div style="text-align: center;">  </div>

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Conf Conference Room, 2nd Floor

WC Wellness Center, 1st Floor B Hall

ATRIUM Atrium Restaurant

CR Club Room, 1st Floor

B Bus

Lib Library, 1st Floor

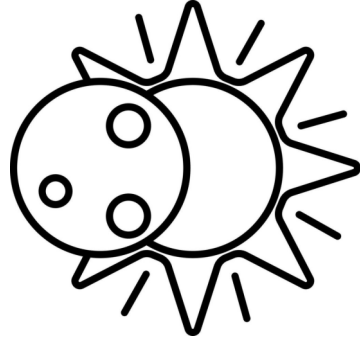


SU Sign Up Required

MP Multi-purpose Room, 2nd Floor




A Hall Lounge 1st Floor on Right

C Hall Lounge 1st Floor on Right

2nd L. 2nd Floor Lounge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7</p> <p>10:00 St Francis of Assisi Catholic Service (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service & Communion with Garland Skinner (MP)</p> <p>3:00 Travelogue: The Universe: The Future of Interstellar Travel (Ch. 1-1)</p> <p>7:15 Movie: <u>Mystery of Marie Roget</u> (1942) (Ch. 1-1)</p>	<p>8</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>10:45 Chat with Dr. Watson: <u>COPD?</u> (MP)</p> <p>2:00 - 2:30 Donation Drop for North Raleigh Ministries (CR)</p> <p>2:45 Solar Eclipse Trivia & Treats (Front Porch)</p> <p>3:15 Solar Eclipse Viewing (Front Porch)</p> <p>3:30 Musical Presentation with Mary Ann Nilsson: <u>Tracing the Roots of American Music</u> (MP)</p> 	<p>9</p> <p>10:30 Tuesday Trivia with Moe! (MP)</p> <p>10:30 Grocery Shopping, Banks & Post Office Trips (B, SU)</p> <p>1:00 Resident Show & Tell (MP)</p> <p>1:30 Grocery Shopping (B, SU)</p> <p>2:00 Chair Dance with Frankie (MP)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:15 BINGO (MP)</p>	<p>10</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>10:00 a.m.-2:00 p.m. Ride For \$Five (SU)</p> <p>10:30 Men's Coffee Chat (A Hall Lounge)</p> <p>1:00 SingFit: <u>Moving with the Stars</u> (MP)</p> <p>2:00 Christian Music with Jim (MP)</p> <p>2:45 Floral Arranging (CR)</p> <p>3:30 Music with Sandra (1st L.)</p> <p>3:15-4:15 Symphony Tickets Sale for 2024-2025 Season (CR)</p> 	<p>11 Pastel Day: Wear Pastel Colors</p> <p>10:00 Flexibility and Yoga with Legacy (MP)</p> <p>10:45 Thursday Thinkers: <u>Springtime Word Puzzles</u> (CR)</p> <p>1:15 Crossword Club with Kelley (MP)</p> <p>2:00 Tai Chi/ Qi Gong with Shahram (MP)</p> <p>2:00 Scrabble (C Hall Lounge)</p> <p>3:00 Feelin' Fine Lemon Lime Social (CR)</p> <p>6:15 Craft: Q-Tip Flower Painting (CR)</p>	<p>12</p> <p>9:30 Friday on Your Feet: Fitness Steppers (MP)</p> <p>10:15 Hymn Sing & Message with Garland & Myra (1st L.)</p> <p>10:45 NC Symphony and Lunch Outing: Ravel Bolero (B, SU, <i>Previous ticket purchase required</i>)</p> <p>1:30 Sit & Fit: Seated Exercise Class (MP)</p> <p>2:30 Music with Zeke (1st L.)</p> <p>6:30 Poker Group (CR)</p> 	<p>13</p> <p>10:30 Play Nine Card Game (CR)</p> <p>1:00 SingFit: <u>Spring Flowers</u> (MP)</p> <p>2:15 Coloring and Crosswords (CR)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>6:15 Sip & Social (CR)</p> <p>7:15 Movie: <u>Yours For The Asking</u> (1936) (Ch. 1-1)</p>

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|---------------------------------------------|---------------------------------|-----------------------------------------|-----------------------------------------|
| 1st L. Lobby, 1st Floor | ATRIUM Atrium Restaurant | Lib Library, 1st Floor | A Hall Lounge 1st Floor on Right |
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| WC Wellness Center, 1st Floor B Hall | B Bus | MP Multi-purpose Room, 2nd Floor | 2nd L. 2nd Floor Lounge |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>10:00 St Francis of Assisi Catholic Service (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service with James Bernstein (MP)</p> <p>3:00 Travelogue: A Journey around the Milky Way (Ch. 1-1)</p> <p>4:00 Joyful Orchestra Performance (1st L.)</p> <p>7:15 Movie: <u>Dangerous Crossing (1953)</u> (Ch. 1-1)</p>	<p>15</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>11:00 Resident Ambassadors Pizza Party (Conf.)</p> <p>2:00 Documentary: <u>The Future of the Monarchy</u> (MP)</p> <p>3:15 Musical Duo Performance: Ty & Nat (1st L.)</p> <p>6:15 Bible Discussion with Jim Parker & Katie Rawson (CR)</p> 	<p>16</p> <p>10:15 BP Checks by TheKey (Lib)</p> <p>10:30 Spring Trivia (CR)</p> <p>10:30 Grocery Shopping, Banks & Post Office Trips (B, SU)</p> <p>1:30 Grocery Shopping (B, SU)</p> <p>2:00 Chair Dance with Frankie Peterson (MP)</p> <p>3:00 New Resident Orientation (1st L.)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:15 BINGO (MP)</p>	<p>17</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>10:30 Men's Coffee Chat (A Hall Lounge)</p> <p>10:30 Stand Strong Testing (MP, By Appointment)</p> <p>1:15 April Birthday Celebration (CR)</p> <p>1:30 Fitness Center Tour (Fitness Center)</p> <p>2:00 Christian Music with Jim (MP)</p> <p>2:45 Floral Arranging (CR)</p> <p>3:30 Acoustics Music with Mike Gaskins (1st L.)</p> 	<p>18 National Animal Crackers Day</p> <p>10:00 Muscle of the Month Exercise with Legacy (MP)</p> <p>10:45 Thursday Thinkers: <u>Animal Puzzles</u> (CR)</p> <p>1:15 Opera Streaming (MP)</p> <p>2:00 Strength & Tone Exercise Class (MP)</p> <p>2:00 Scrabble (C Hall Lounge)</p> <p>3:30 Music with John Franklin (1st L.)</p> <p>6:15 Jeopardy (MP)</p> <p><u>How Many Animal Crackers?!</u></p> <p>Guess how many animal crackers are in the jar at the front desk! The winner will receive a \$200 rent credit for next month!</p>	<p>19 Sports Colors Day: Rep Your Favorite Team!</p> <p>9:30 Friday on Your Feet: Fitness Steppers (MP)</p> <p>10:15 Target Shopping Trip (B, SU)</p> <p>10:15 Hymn Sing & Message with Garland & Myra (1st L.)</p> <p>1:30 Sit & Fit: Seated Exercise Class (MP)</p> <p>2:45 Move & Groove with Housekeeping (1st L.)</p> <p>3:00 Music with Dennis Redoblado (1st L.)</p> <p>6:30 Poker Group (CR)</p>	<p>20</p> <p>10:30 Play Nine Card Game (CR)</p> <p>11:00 Calm Coloring (CR)</p> <p>11:30 March 2024 <u>COMPLETED</u> ASAP Card Pizza Party (By Invite Only, CR)</p> <p>1:00 SingFit: <u>Celebrating Spring</u> (MP)</p> <p>2:15 Wii Bowling (MP)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>7:15 Movie: <u>Among The Living (1941)</u> (Ch. 1-1)</p> 

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C Hall Lounge 1st Floor on Right

2nd L. 2nd Floor Lounge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>10:00 St Francis of Assisi Catholic Service (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service with Larry Baird (MP)</p> <p>3:00 Travelogue: Life Beyond the Universe. Journey into Outer Space (Ch. 1-1)</p> <p>7:15 Movie: <u>The 39 Steps (1935)</u> (Ch. 1-1)</p>	<p>22 Earth Day</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>10:45 Chat with Dr. Watson: <u>High Blood Pressure?</u> (MP)</p> <p>2:00 <u>Earth: The Inside Story</u> Documentary with Dirt Pudding Cups (MP)</p> <p>3:15 Earth Day Activity: Potting Succulents for Your Apartment (CR, SU)</p> 	<p>23</p> <p>10:30 Tuesday Trivia with Moe! (MP)</p> <p>10:30 Grocery Shopping, Banks & Post Office Trips (B, SU)</p> <p>1:00 Cornhole in the Lobby (1st L.)</p> <p>1:30 Grocery Shopping (B, SU)</p> <p>2:00 Chair Dance with Frankie Peterson (MP)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:15 BINGO (MP)</p>	<p>24</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>10:00 a.m.-2:00 p.m. Ride For \$Five (SU)</p> <p>10:30 Men's Coffee Chat (A Hall Lounge)</p> <p>1:00 SingFit: <u>Well-Known Songs We Sing Together</u> (MP)</p> <p>2:00 Christian Music with Jim (MP)</p> <p>2:15 Book Club (C Hall Lounge)</p> <p>2:45 Floral Arranging (CR)</p> <p>3:30 Music with Christian Green (1st L.)</p> <p>6:15 Brain Games with Martha Grove (MP)</p>	<p>25</p> <p>10:00 Flexibility and Yoga with Legacy (MP)</p> <p>10:45 Thursday Thinkers: <u>The Great Outdoor Word Puzzles</u> (CR)</p> <p>1:15 Crossword Club with Kelley (MP)</p> <p>2:00 Tai Chi/ Qi Gong with Shahram (MP)</p> <p>2:00 Scrabble (C Hall)</p> <p>3:00 Craft: Mosaic Coasters (CR, SU)</p> <p>6:15 Movie Night: <u>The Breakfast Club (1985)</u> (MP)</p> 	<p>26</p> <p>9:30 Friday on Your Feet: Fitness Steppers (MP)</p> <p>10:15 Walmart Shopping Trip (B, SU)</p> <p>10:15 Hymn Sing & Message with Garland & Myra (1st L.)</p> <p>1:00 Wii Bowling (1st L.)</p> <p>2:15 Dialogue with David (1st L.)</p> <p>3:00 Music with Luke Lowe (1st L.)</p> <p>6:30 Poker Group (CR)</p>	<p>27</p> <p>10:30 Play Nine Card Game (CR)</p> <p>1:00 SingFit: <u>A Spring Saturday in the Park</u> (MP)</p> <p>2:15 Craft: Butterflies for ASH Bulletin Board (CR, SU)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>6:15 Cake Decorating With Deanna (CR)</p> <p>7:15 Movie: <u>The Green Promise (1949)</u> (Ch. 1-1)</p> 

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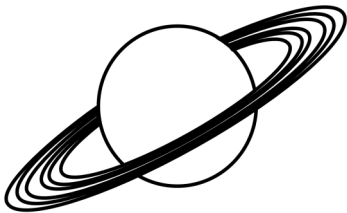

SU Sign Up Required

MP Multi-purpose Room, 2nd Floor

A Hall Lounge 1st Floor on Right

C Hall Lounge 1st Floor on Right

2nd L. 2nd Floor Lounge

Sunday	Monday	Tuesday
<p>28</p> <p>10:00 St Francis of Assisi Catholic Service (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service with James Bernstein (MP)</p> <p>3:00 Travelogue: The Universe: Epic Journey to Space (Ch. 1-1)</p> <p>7:15 Movie: <u>The Shadow (1938)</u> (Ch. 1-1)</p> 	<p>29</p> <p>10:00 Strength & Tone: Strength Training Exercise (MP)</p> <p>11:00 Resident Ambassador Meeting (Conf.)</p> <p>1:30 The Price is Right with Grace & Krystal (CR)</p> <p>2:00 Documentary: <u>The New World: How The Pilgrim Fathers Colonized America</u> (MP)</p> <p>3:00 May Calendar Review (MP)</p>	<p>30</p> <p>10:30 Grocery Shopping, Banks & Post Office Trips (B, SU)</p> <p>10:30 Who/What/Where Trivia Game (MP)</p> <p>1:00 Mind Fit with TheKey (MP)</p> <p>1:30 Grocery Shopping (B, SU)</p> <p>2:00 Chair Dance with Frankie Peterson (MP)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:15 BINGO (MP)</p> 



Abbotswood at Stonehenge



April 2024

A.S.A.P.
Abbotswood at Stonehenge

PROGRAM PARTICIPATION CARD

Resident Name: _____

Apartment #: _____

BOOK CLUB



Our Book Club will meet on Wednesday, March 27th with Deanna at 2:15 p.m. in the C Hall Lounge. This month's read will be It Ends With Us by Colleen Hoover. Please see anyone in the Art of Living Well Team if you have any questions or would like to obtain a copy of this book or join the Book Club!



The in house television channel **Stonehenge TV (Touchtown)** can be found on **Channel 1-1** on your cable box. This channel shares information on programming, birthdays, dining menus and announcements. To view the week night movies, please switch to channel 1-2.

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