

APRIL 2024 REFLECTIONS

MORNINGSTAR SENIOR LIVING OF SANTA FE

MorningStarSeniorLiving.com



*****Activities are subject to change w/o notice*****

SPECIAL EVENTS

Every Sunday
Nondenominational Church Service
1:30-2:00

Every Monday
Catholic Communion
11:30-11:45

1st & 3rd Saturday
SF Animal Shelter Dog Visit
1:00 - 2:00

April 3
5-Year Resident Party
2:00 - 5:00

April 17
NM War Museum
1:30 - 2:30

April 28
Horticulture Club
10:00 - 11:00

Casting a new light

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>***Activities are subject to change w/o notice***</p>	<p>1 9:30 Seated Yoga 10:00 Morning Social w/ Coffee and Donuts 11:30 Catholic Communion (T) 1:00 Glamour Nails 3:00 Let's Bake!</p>	<p>2 9:30 Seated Cardio 10:15 Ballet Movement w/ Margot 1:00 After Lunch Walk 3:00 Page Turners Reading Club 4:00 Dad Jokes Comedy Club</p>	<p>3 9:30 Low Impact Fitness 10:00 Snack Attack! 1:30 Arts and Crafts: Pop Up Flower Cards 2:00 MSSF 5-Year Resident Party with Musical Entertainment by John Martinez (LEC)</p>	<p>4 9:30 Seated Pilates 10:00 Discussion Starters 1:00 After Lunch Walk 2:00 Beauty Hour 3:00 Thirsty Thursday Happy Hour w/Chris on Guitar (R)</p>	<p>5 9:30 Seated Cardio 10:00 Morning Social w/ Coffee and Donuts 1:30 Card Games 3:00 Discussion Starters: Would you Rather? 4:00 Walk the Block</p>	<p>6 9:30 Low Impact Fitness 10:00 Trivia Time 1:00 SF Animal Shelter Dog Visit 4:00 Board Games</p>
	<p>7 9:30 Low Impact Fitness 10:00 Today in History 10:30 Snack Attack 1:30 Nondenominational Church Service 2:00 Sing-a-Long 3:00 TV Classics</p>	<p>8 9:30 Seated Yoga 10:00 Musical Monday w/ Kevin Whitcombe 10:30 Coffee and Donuts 11:30 Catholic Communion (T) 1:00 Glamour Nails 3:00 Let's Bake!</p>	<p>9 Eid al-Fitr Begins at Sundown 9:30 Seated Cardio 10:00 Trivia Time 10:30 Snack Attack 1:00 After Lunch Walk 3:00 Page Turners Reading Club 4:00 Board Games</p>	<p>10 9:30 Low Impact Fitness 10:00 Snack Attack! 1:30 Arts and Crafts: 3D Paper Butterflies 3:00 Pool Noodle Balloon Toss 4:00 Color by Number</p>	<p>11 9:30 Seated Pilates 10:00 Discussion Starters 1:00 After Lunch Walk 2:00 Beauty Hour 3:00 Thirsty Thursday Happy Hour w/Ruchell on Piano (D)</p>	<p>12 9:30 Seated Cardio 10:00 Morning Social w/ Coffee and Donuts 1:30 Card Games 3:00 Let's Bake! 4:00 Walk the Block</p>	<p>13 9:30 Low Impact Fitness 10:00 Trivia Time 2:00 Beauty Hour 4:00 Board Games</p>
	<p>14 9:30 Low Impact Fitness 10:00 Today in History 10:30 Snack Attack 1:30 Nondenominational Church Service 2:00 BINGO 3:00 TV Classics</p>	<p>15 9:30 Seated Yoga 10:00 Morning Social w/ Coffee and Donuts 11:30 Catholic Communion (T) 1:00 Glamour Nails 3:00 Let's Bake!</p>	<p>16 9:30 Seated Cardio 10:15 Ballet Movement w/ Margot 1:00 After Lunch Walk 3:00 Page Turners Reading Club 4:00 Dad Jokes Comedy Club</p>	<p>17 9:30 Low Impact Fitness 10:00 Snack Attack! 1:30 Resident Outing: NM War Museum 3:00 Pool Noodle Balloon Toss 4:00 Color by Number</p>	<p>18 9:30 Seated Pilates 10:00 Discussion Starters 1:00 After Lunch Walk 2:00 Beauty Hour 3:00 Thirsty Thursday Happy Hour w/Ken on Guitar (D)</p>	<p>19 9:30 Seated Cardio 10:00 Morning Social w/ Coffee and Donuts 1:30 Card Games 3:00 Discussion Starters: Never Have I Ever 4:00 Walk the Block</p>	<p>20 9:30 Low Impact Fitness 10:00 Trivia Time 1:00 SF Animal Shelter Dog Visit 4:00 Board Games</p>
	<p>21 9:30 Low Impact Fitness 10:00 Today in History 10:30 Snack Attack 1:30 Nondenominational Church Service 2:00 Sing-a-Long 3:00 TV Classics</p>	<p>22 Passover Begins at Sundown Earth Day 9:30 Seated Yoga 10:00 Musical Monday w/ Kevin Whitcombe 10:30 Coffee and Donuts 11:30 Catholic Communion (T) 1:00 Glamour Nails 3:00 Let's Bake!</p>	<p>23 9:30 Seated Cardio 10:00 Trivia Time 10:30 Snack Attack 1:00 After Lunch Walk 3:00 Page Turners Reading Club 4:00 Board Games</p>	<p>24 9:30 Low Impact Fitness 10:00 Snack Attack! 1:30 Arts and Crafts: Bubble Paint Hydrangeas 3:00 Pool Noodle Balloon Toss 4:00 Color by Number</p>	<p>25 9:30 Seated Pilates 10:00 Discussion Starters 1:00 After Lunch Walk 2:00 Beauty Hour 3:00 Thirsty Thursday Happy Hour w/Roger's Family Entertainment (D)</p>	<p>26 9:30 Seated Cardio 10:00 Morning Social w/ Coffee and Donuts 1:30 Card Games 3:00 Let's Bake 4:00 Walk the Block</p>	<p>27 9:30 Low Impact Fitness 10:00 Trivia Time 2:00 Beauty Hour 4:00 Board Games</p>
	<p>28 9:30 Low Impact Fitness 10:00 Horticulture Club 10:30 Snack Attack 1:30 Nondenominational Church Service 2:00 BINGO 3:00 TV Classics</p>	<p>29 9:30 Seated Yoga 10:00 Morning Social w/ Coffee and Donuts 11:30 Catholic Communion (T) 1:00 Glamour Nails 3:00 Let's Bake!</p>	<p>30 9:30 Seated Cardio 10:15 Ballet Movement w/ Margot 1:00 After Lunch Walk 3:00 Page Turners Reading Club 4:00 Dad Jokes Comedy Club</p>	<p>Location Key: LEC: Life Enrichment Center T: Theatre BIS: Bistro D: Dining Room PD: Private Dining Room R: Reflections OP: Outside Patio</p>	<p>April Birthdays RESIDENTS: April 1 - Verona April 2 - Frances April 7 - Robert April 7 - Virginia April 18 - Marcia April 18 - Karen April 25 - Marion April 26 - Anne April 26 - Kenny</p>	<p>April Birthday STAFF: April 10 - Nancy</p>	<p>***Activities are subject to change w/o notice***</p>

Please sign up for activities listed in **RED**. Activities listed in **BLUE** are Entertainers. Activities in **GREEN** are led by a volunteer or outside agency.