

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026



Assisted Living Neighborhood Life Enrichment Activities Calendar

Calendar grid with 7 columns (days) and 5 rows (weeks). Each cell contains a list of activities with colored dots and numbers 1-30. Activities include Mass Online, Chair Cardio Class, Coffee & Donuts, Brain Teasers, Outing: Chonmage Japanese Restaurant, Poetry Read, This Day in History, Scenic Drive, Trivia Tournament, and Movie.

● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative



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Saturday

# April 2026

## Bridgehaven Memory Care Neighborhood Life Enrichment Activities Calendar



- 9:15 Morning Gathering
- 9:30 Gentle Exercise
- 10:00 Nourish & Nurture
- 10:30 Mass Online
- 11:00 Drum Circle
- 11:30 Spiritual Den w. Claudette
- 1:30 Sunhats & Sunshine
- 2:00 Joke Fest
- 2:30 Daily Chronicle
- 3:00 Sunday Snack Shack
- 3:30 Bingo Spectacular
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Yoga Dance
- 10:00 Nourish & Nurture
- 10:30 **Scenic Drive & Scenic Walk**
- 11:00 Bread Bakers
- 11:30 Mass Online
- 1:30 Birdfeed & Chill
- 2:00 Sports Wrap
- 2:30 Biography: Marie Kondo
- 3:00 **Live Concert - GR**
- 3:30 Floor Games
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Chair Tai Chi
- 10:00 Nourish & Nurture
- 10:30 Rosary w. Fr. Bain
- 11:00 Art 'n Sip
- 1:30 Flower Arranging
- 2:00 Good News Stories
- 2:30 Travel: Mt. Fuji
- 3:00 Tuesday Treats
- 3:30 Table Games
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Chair Z Exercise
- 10:00 Nourish & Nurture
- 10:30 Songs 4 Mom
- 11:00 Renewal w. Claudette & Mazie
- 11:30 Gratitude Circle
- 1:30 Bird Watching
- 2:00 Music Appreciation w. Ruth
- 3:00 Snack Happy Social
- 3:30 Trivia Tournament
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 **Chair Yoga w. David**
- 11:00 Pampered Nails & Tellin Tales
- 11:30 Daily Questions
- 1:30 Herb Garden
- 2:00 **Bread & Roses Concert - GR**
- 2:30 How It's Made
- 3:00 "We Made It!" Social
- 3:30 Sing Along
- 5:00 Dinner & Evening Movie

- 9:00 Morning Gathering
- 9:30 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 Sit & Be Fit
- 11:00 Dog Therapy w. Roam
- 11:30 Good News Stories
- 1:00 Trivia Tournament
- 2:00 **Happy Hour: Wear Purple!**
- 3:00 Personal Music Choices
- 4:00 Gratitude Circle
- 5:00 Dinner & Evening Movie

- 9:00 Morning Gathering
- 9:30 Strength & Stretch
- 9:45 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 Travelogue w. Ruth
- 1:00 Garden Meditation
- 2:00 **VISTA**
- 2:30 Afternoon Delights
- 3:00 Music Therapy w. Ruth
- 4:00 Favorite Shows & News
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Gentle Exercise
- 10:00 Nourish & Nurture
- 10:30 Mass Online
- 11:00 Drum Circle
- 11:30 Spiritual Den w. Claudette
- 1:30 Sunhats & Sunshine
- 2:00 Joke Fest
- 2:30 Daily Chronicle
- 3:00 Sunday Snack Shack
- 3:30 Bingo Spectacular
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Yoga Dance
- 10:00 Nourish & Nurture
- 10:30 **Scenic Drive & Scenic Walk**
- 11:00 Bread Bakers
- 11:30 Mass Online
- 1:30 Birdfeed & Chill
- 2:00 Sports Wrap
- 2:30 Bio: Katsushika Hokusai
- 3:00 Monday Munchies
- 3:30 Floor Games
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 **Mark Day School Visit**
- 9:30 Chair Tai Chi
- 10:00 **Nourish w. Live Music**
- 10:30 Rosary w. Fr. Bain
- 11:00 Art 'n Sip
- 1:30 Flower Arranging
- 2:00 Good News Stories
- 2:30 Travel: Tokyo
- 3:00 Tuesday Treats
- 3:30 Table Games
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Chair Z Exercise
- 10:00 Nourish & Nurture
- 10:30 Songs 4 Mom
- 11:00 Renewal w. Claudette & Mazie
- 11:30 Gratitude Circle
- 1:30 Bird Watching
- 2:00 Music Appreciation w. Ruth
- 2:30 **Ukulele w. Richard**
- 3:00 Snack Happy Social
- 3:30 Trivia Tournament
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 **Chair Yoga w. David**
- 11:00 Pampered Nails & Tellin Tales
- 11:30 Daily Questions
- 1:30 Herb Garden
- 2:00 Sports Wrap
- 2:30 How It's Made
- 3:00 "We Made It!" Social
- 3:30 Sing Along
- 5:00 Dinner & Evening Movie

- 9:00 Morning Gathering
- 9:30 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 Sit & Be Fit
- 11:00 Dog Therapy w. Roam
- 11:30 Good News Stories
- 1:00 Trivia Tournament
- 2:00 **Happy Hour: Wear Yellow!**
- 3:00 Personal Music Choices
- 4:00 Gratitude Circle
- 5:00 Dinner & Evening Movie

- 9:00 Morning Gathering
- 9:30 Strength & Stretch
- 9:45 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 Travelogue w. Ruth
- 1:00 Garden Meditation
- 2:00 **VISTA**
- 2:30 Afternoon Delights
- 3:00 Music Therapy w. Ruth
- 4:00 Favorite Shows & News
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Gentle Exercise
- 10:00 Nourish & Nurture
- 10:30 Mass Online
- 11:00 Drum Circle
- 11:30 Spiritual Den w. Claudette
- 1:30 Sunhats & Sunshine
- 2:00 Joke Fest
- 2:30 Daily Chronicle
- 3:00 Sunday Snack Shack
- 3:30 Bingo Spectacular
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Yoga Dance
- 10:00 Nourish & Nurture
- 10:30 **Scenic Drive & Scenic Walk**
- 11:00 Bread Bakers
- 11:30 Mass Online
- 1:30 Birdfeed & Chill
- 2:00 Sports Wrap
- 2:30 Biography: Soichiro Honda
- 3:00 Monday Munchies
- 3:30 Floor Games
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Chair Tai Chi
- 10:00 Nourish & Nurture
- 10:30 Rosary w. Fr. Bain
- 11:00 Art 'n Sip
- 1:30 Flower Arranging
- 2:00 Good News Stories
- 2:30 Travel: Okinawa
- 3:00 Tuesday Treats
- 3:30 Table Games
- 5:00 **AVSR Soirée Dinner**
- 6:00 Evening Movie

- 9:15 Morning Gathering
- 9:30 Chair Z Exercise
- 10:00 Nourish & Nurture
- 10:30 Songs 4 Mom
- 11:00 Renewal w. Claudette & Mazie
- 11:30 Gratitude Circle
- 1:30 Bird Watching
- 2:00 Music Appreciation w. Ruth
- 3:00 Snack Happy Social
- 3:30 Trivia Tournament
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 **Chair Yoga w. David**
- 11:00 Pampered Nails & Tellin Tales
- 11:30 Daily Questions
- 1:30 Herb Garden
- 2:00 Sports Wrap
- 2:30 How It's Made
- 3:00 "We Made It!" Social
- 3:30 Sing Along
- 5:00 Dinner & Evening Movie

- 9:00 Morning Gathering
- 9:30 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 Sit & Be Fit
- 11:00 Dog Therapy w. Roam
- 11:30 Good News Stories
- 1:00 Trivia Tournament
- 2:00 **Happy Hour: Wear Pink!**
- 3:00 Personal Music Choices
- 4:00 Gratitude Circle
- 5:00 Dinner & Evening Movie

- 9:00 Morning Gathering
- 9:30 Strength & Stretch
- 9:45 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 Travelogue w. Ruth
- 1:00 Garden Meditation
- 2:00 **VISTA**
- 2:30 Afternoon Delights
- 3:00 Music Therapy w. Ruth
- 4:00 Favorite Shows & News
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Gentle Exercise
- 10:00 Nourish & Nurture
- 10:30 Mass Online
- 11:00 Drum Circle
- 11:30 Spiritual Den w. Claudette
- 1:30 Sunhats & Sunshine
- 2:00 Joke Fest
- 2:30 Daily Chronicle
- 3:00 Sunday Snack Shack
- 3:30 Bingo Spectacular
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Yoga Dance
- 10:00 Nourish & Nurture
- 10:30 **Scenic Drive & Scenic Walk**
- 11:00 Bread Bakers
- 11:30 Mass Online
- 1:30 Birdfeed & Chill
- 2:00 Sports Wrap
- 2:30 Biography: Naomi Osaka
- 3:00 Monday Munchies
- 3:30 Floor Games
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Chair Tai Chi
- 10:00 **Nourish w. Live Music**
- 10:30 Rosary w. Fr. Bain
- 11:00 Art 'n Sip
- 1:30 Flower Arranging
- 2:00 Good News Stories
- 2:30 Travel: Kyoto
- 3:00 Tuesday Treats
- 3:30 Table Games
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Chair Z Exercise
- 10:00 Nourish & Nurture
- 10:30 Songs 4 Mom
- 11:00 Renewal w. Claudette & Mazie
- 11:30 Gratitude Circle
- 1:30 Bird Watching
- 2:00 Music Appreciation w. Ruth
- 3:00 Snack Happy Social
- 3:00 **BDAY Celebration w. Music!**
- 3:30 Trivia Tournament
- 5:00 Dinner & Evening Movie

- 9:15 Morning Gathering
- 9:30 Daily Chronicle
- 10:00 Nourish & Nurture
- 10:30 **Chair Yoga w. David**
- 11:00 Pampered Nails & Tellin Tales
- 11:30 Daily Questions
- 1:30 Herb Garden
- 2:00 Sports Wrap
- 2:30 How It's Made
- 3:00 "We Made It!" Social
- 3:30 Sing Along
- 5:00 Dinner & Evening Movie



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