

All activities will be in the Dining Room unless otherwise noted.


































Missouri Slope Assisted Living

April 2024

Daily Meal Times

Continental Breakfast
Dinner
Snacks
Supper

7:00-9:00 am
11:30-12:30 pm
2:30-3:00 pm
5:00 - 6:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>April Showers...</i></p>	<p>1 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>You Be the Judge – 2:00</p> 	<p>2 Lament, Lyrics & Laughter with Chaplain Angie – 10:00 Activity Room</p> <p>Rosary – 1:00 Chapel</p> <p>Wellness Checks – 1:30-2:00 Med Room</p> <p>Cooking Club: Peanut Butter & Jelly Cookies – 2:00</p>	<p>3 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Start Garden Seeds – 2:00</p>  Claudia 	<p>4 Shopping: Dollar Tree – 9:00</p> <p>Catholic Communion – 10:00</p> <p>April Birthday Dinner – 11:30</p> <p>Root Beer Floats – 2:00</p> <p>Music with Bob & Nancy Balyeat – 6:00</p>	<p>5 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Bingo – 2:00</p> 	<p>6</p> <p>Movie: Sound of Freedom – 2:00</p>  
<p>7 Catholic Mass – 8:00 Ch. 60</p> <p>Ecumenical Worship with Holy Communion – 1:30</p> 	<p>8 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>U of Mary Action Group – 3:00</p> 	<p>9 Bible Study on Galatians – 10:30 Activity Room</p> <p>Rosary – 1:00 Chapel</p> <p>Music with 5th Dementia German Singers – 2:00</p> 	<p>10 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Music Bingo – 2:00</p> 	<p>11 Shopping: Target – 9:00</p> <p>Catholic Communion – 10:00</p> <p>Music with Alice Delzer – 2:00</p>	<p>12 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Cards & Games – 2:00</p>	<p>13</p> <p>Movie: Barbie – 2:00</p>  
<p>14 Catholic Mass – 8:00 Ch. 60</p> <p>Ecumenical Worship – 1:30</p> 	<p>15 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Dominoes – 2:00</p> 	<p>16 Lament, Lyrics & Laughter with Chaplain Angie – 10:00 Activity Room</p> <p>Rosary – 1:00 Chapel</p> <p>Pet Visits – 2:00 Lobby</p> 	<p>17 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Cheeseball Social – 2:00</p>	<p>18 Shopping: Family Fare – 9:00</p> <p>Catholic Communion – 10:00</p> <p>Music with Ray Long – 2:00</p>  Darlene	<p>19 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Popcorn – 2:00 Lobby</p> <p>Bingo – 2:00</p>  	<p>20</p> <p>Movie: Coach Carter – 2:00</p>  
<p>21 Catholic Mass – 8:00 Ch. 60</p> <p>Ecumenical Worship – 1:30</p> 	<p>22 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Paint Flower Pots – 2:00</p>	<p>23 Bible Study on Galatians – 10:30 Activity Room</p> <p>Rosary – 1:00 Chapel</p> <p>Blueberry Festival – 2:00</p> <p>Good Shepherd Gathering – 3:00 Activity Room</p>  	<p>24 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Music with Jim Geiger – 2:00</p>  Carl	<p>25 Shopping: Walmart – 9:00</p> <p>Catholic Communion – 10:00</p> <p>Scenic Drive – 2:00</p> 	<p>26 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Cards & Games – 2:00</p>	<p>27</p> <p>Movie: Neil Young: Heart of Gold – 2:00</p>  
<p>28 Catholic Mass – 8:00 Ch. 60</p> <p>Ecumenical Worship – 1:30</p> 	<p>29 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Nails – 2:00 Activity Room</p>   Esther	<p>30 Rosary – 1:00 Chapel</p> <p>Horse Races – 2:00</p> 	<div> <p>Medical Providers are available on site:</p> <p> Sanford: Fridays by request (talk to Char to make an appointment)</p> <p>Or take the bus to the clinic: Mon., Tues, or Wed.</p> </div>		<p>...bring May Flowers!</p> 