

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EASTER 1 9:00 Joel Osteen Program, ST 4 10:00 Spiritual Program w/Doug, DR 1:00 Cart of Fun, H 2:00 Easter Sunday Church Service, DR 3:15 Easter Creative Art, DR 6:30 Independent Games/Social Time, ST 4	2 10:00 Inspirational Music Program, DR 2:30 Movies & Stars w/Nikki, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	3 9:30 Remembering Good Old Sitcoms, DR 10:15 FIT to Be Strong®, ST 4 2:00 Paws to Share, H 2:15 Art Show, DR 3:15 Table Games, DR 4:15 Women's Jewelry Making, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	4 9:30 Music & History w/Natalie, DR 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Stroll 2:00 Games & Crafts w/Gloria, DR 4:15 Men's Dominoes & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	5 9:30 Health & Wellness, DR 1:15 FIT to Pedal®, ST 4 2:00 Karaoke, DR 2:00 Daryl, Strolling Guitar, H 3:00 Food & Nutrition w/Christian, DR 4:15 Women's Manicure/Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	6 9:30 History Topics w/Mary Lou, DR 10:00 Paws to Share, H 2:15 Music Therapy w/Ryan, DR 3:15 Table Games, DR	7 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4
8 9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/Card Games 10:15 FIT to Pedal®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Chapel Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent Games/Social Time, DR	9 10:00 Inspirational Music Program, DR 2:00 Hangman, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Veterans Club/Table Games, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	10 9:30 News & Views, DR 10:00 Petting Zoo, DR 1:15 FIT to Pedal®, ST 4 2:00 Volleyballoon, DR 2:00 Paws to Share, H 2:30 Creative Arts w/Ylenna, DR 4:15 Men's Dominoes Social, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	11 9:30 Music & History w/Natalie, DR 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Social, FP 2:00 Games & Crafts w/Gloria, DR 4:15 Pretty Nails & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	12 9:30 Health & Wellness, DR 1:00 FIT to Be Strong®, ST 4 2:00 Birthday Party!, DR 3:00 Food & Nutrition w/Anne, DR 4:15 Dominoes Social/Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4 10:30 Mathew, Strolling Vocals, H	13 9:30 History Topics w/Mary Lou, DR 10:00 Paws to Share, H 2:00 Music Therapy w/Ryan, ST 4 3:15 Table Games, DR 6:00 Independent Games/Social Time, ST 4	14 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4
15 9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Chapel Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4	16 10:00 St. Hedwig Catholic Mass, DR 10:00 Roaming Inspirational Music, H 2:00 FIT to Stretch®, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Women's Manicure/Aromatherapy, DR 6:30 Independent Games/Social Time, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	TAX DAY 17 9:30 Remembering Good Old Sitcoms, DR 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 2:00 Horseshoes/Bean Bags, DR 2:00 Paws to Share, H 2:30 Creative Arts w/Ylenna, DR 4:15 Card Games, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	18 9:30 Music & History w/Natalie, DR 10:00 Outing 2:00 Games & Crafts w/Gloria, DR 4:15 Women's Manicure/Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	19 9:30 Health & Wellness, DR 1:15 FIT to Pedal®, ST 4 2:00 Game of Wii, DR 3:00 Food & Nutrition w/Anne, DR 4:15 Men's Dominoes & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	20 9:30 History Topics w/Mary Lou, DR 10:00 Paws to Share, H 2:00 Celebrating St. Patty's Day, DR 2:00 Music Therapy w/Ryan, DR 3:15 Table Games, DR 6:30 Independent Games/Social Time, ST 4	21 10:00 FIT to Stretch®, DR 2:00 Roaming Guitarist Tony B., H 2:15 Pattern Bingo, DR 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4
EARTH DAY 22 9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/Card Games, DR 10:15 FIT to Pedal®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Chapel Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent Games/Social Time, ST 4	23 10:00 Inspirational Music Program, DR 2:00 FIT to Stretch®/Trivia, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Dominoes Social, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	24 9:30 Good Old Days, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Paws to Share, H 2:00 Bowling, DR 2:30 Creative Arts w/Ylenna, DR 3:15 Word Scramble, DR 4:15 Card Games/Matinee, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	25 9:30 Music & History w/Natalie, DR 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Social, FP 2:00 Games & Crafts w/Gloria, DR 5:00 Candlelight Dinner, DR 7:30 Independent Group Matinee, ST 4	26 9:30 Health & Wellness, DR 11:15 Resident Council Meeting, DR 2:00 Pokeno, DR 2:00 Karaoke, DR 2:00 Mathew, Strolling Vocals, H 3:00 Food & Nutrition w/Anne, DR 3:15 Table Games/Matinee, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	27 9:30 History Topics w/Mary Lou, DR 10:00 Paws to Share, H 2:00 Music w/Ryan, DR 3:15 Table Games, DR 6:30 Independent Games/Social Time, DR	28 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4
29 9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/Card Games, DR 10:15 FIT to Pedal®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Chapel Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR	30 10:00 Inspirational Music Program, DR 2:00 Hangman, DR 2:30 Movies & Stars w/Nikki, DR 4:15 Manicure Social, DR 6:30 Bingo Night w/Natasha, DR 7:30 Independent Group Matinee, ST 4	<p>Locations Dining Room, DR Patio, P Front Lobby Patio, FP Station 4, ST 4 Hallways, H</p> <p>Calendar events subject to change.</p>				
<p style="text-align: center;">“In three words, I can sum up everything I’ve learned about life: It goes on.” — Robert Frost</p> <p style="text-align: center;">Attention residents: It is important to us that you feel informed about Alamitos West. As a resident, you have the right to review survey results at any time. The survey results are readily accessible to you and are located in the Main Dining Room.</p>						