


# Eiland Center Activities April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 APRIL FOOLS DAY</b> 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) <b>1 pm Spring Things Bingo (BE)</b> 2 pm Cardio Drumming (WC)**	<b>2</b> 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) <b>10 am Sing Along with Miriam (BE)</b> 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA)	<b>3</b> 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) <b>1:10 pm Chair Yoga with Shelby (WC)</b> 2 pm Rummikub (BE) <b>2 pm Wii Bowling (WA)</b> 2 pm Chapel Talk: "My Pilgrimage with Christ..." (MC)	<b>4</b> <b>9 am Dance in Community (BT)</b> 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) <b>10 am Chaplains Chat (BE)</b> 1 pm Seated Strength/Stretch (BE) <b>2 pm Wii Bowling (WA)</b> <b>6:30 pm Bingo with the Girl Scouts (BE)</b>	<b>5</b> 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) <b>10 am Rummikub and Dominoes (BE)</b> 10 am Rummikub (WA) <b>1 pm Shopping at Target**</b> <b>6:15 pm Movie Night "Green Book" (MA)</b>	<b>6</b> 9-11:30 am Swimming (WC) 10 am Greeting the Morning! Contemplative Meditation (BT) 6 pm Movie "The Sound of Music" TV971 <b>6:15 pm Movie Night "Green Book" (MA)</b>
<b>7</b> <b>9 am Worship Service (MC)*</b> 10:30 am First Church Video* 6:45 pm Worship Rebroadcast*	<b>8</b> 9:45 am Total Body Movement (WC Pool) <b>10 am Coffee and Giant Crossword (MO)</b> 10:30 am Aqua Aerobics (WC) <b>1 pm Easter Bingo (BE)</b> 2 pm Cardio Drumming (WC)**	<b>9</b> 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) <b>10 am A Personal Journey Through France, Germany and Switzerland (BE)</b> 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA)	<b>10</b> 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) <b>11:30 am Spring Fever Lunch—Regular Dining Rooms</b> <b>1:10 pm Chair Yoga with Shelby (WC)</b> 2 pm Rummikub (BE) <b>2 pm Wii Bowling (WA)</b> <b>6:30 pm Sunset Drive Children's Choir (BE)</b> <b>7 pm Movie Night in the Bethesda Theatre: On The Basis of Sex</b>	<b>11</b> 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) <b>10 am Chaplains Chat (BE)</b> 1 pm Seated Strength/Stretch (BE) <b>1:30 pm New Horizons Band (MC)</b> 2 pm Circle Meeting (BE) 3:30 pm Choir Practice (MC) <b>3:30 pm Wine and Cheese Social Hour (MO)</b>	<b>12</b> 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) <b>10 am Rummikub and Dominoes (BE)</b> 10 am Rummikub (WA) 1:45 pm "Water, Water Everywhere..." Presentation (BT) <b>6:15 pm Movie Night "Amazing Grace" (MA)</b>	<b>13</b> 9-11:30 am Swimming (WC) 10 am Greeting the Morning! Contemplative Meditation (BT) 2 pm Stitch & Chat Group (JR) 6 pm Movie "Oklahoma" TV971 <b>6:15 pm Movie Night "Amazing Grace" (MA)</b>
<b>14 PALM SUNDAY</b> <b>9 am Worship Service (MC)*</b> 10:30 am First Church Video* 6:45 pm Worship Rebroadcast*	<b>15</b> <b>9:30 am Men's Coffee with Will (MO)</b> 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 1 pm Piano and Cello Concert (MC) <b>1 pm Bingo (BE)</b> 2 pm Cardio Drumming (WC)**	<b>16</b> 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) <b>10 am Sing Along with Dotty &amp; Ruth (BE)</b> 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) <b>2:30 pm Teddy Bear Tea (BE)</b>	<b>17</b> 9:45 am Total Body Movement (WC) 10:30 am Aqua Aerobics (WC) 10:30 am Coffee with Josh (BT) <b>11 am Out to Lunch—Shenandoah Heritage Market **</b> <b>1:15 pm Cardio Drumming with Deion (WC)**</b> 1:45 pm "Struggle Breeds Opportunity" Lecture (BT) <b>2 pm Wii Bowling (WA)</b>	<b>18 MAUNDY THURSDAY</b> <b>9 am JMU Clowns (MO)</b> <b>9:30 JMU Clowns (GA)</b> 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) <b>10 am Chaplains Chat (BE)</b> 1 pm Seated Strength/Stretch (BE) 2 pm Maundy Thursday Communion Service (MC) <b>2 pm Alzheimer's Support (JR)</b> 3:30 pm Choir Practice (MC)	<b>19 GOOD FRIDAY</b> 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) <b>10 am Rummikub and Dominoes (BE)</b> 2 pm Good Friday Worship Service (MC) <b>6:30 pm After Dinner at the Piano with Mary (MA)</b>	<b>20</b> 9-11:30 am Swimming (WC) <b>10 am TED Talks and Coffee with Gini (BE)</b> <b>6:15 pm Movie Night "Apostle Paul" (MA)</b>
<b>21 EASTER</b> <b>9 am Worship Service (MC)*</b> 10:30 am First Church Video* 6:45 pm Worship Rebroadcast*	<b>22</b> 9:45 am Total Body Movement (WC Pool) <b>10 am Coffee, Brain Teasers and Trivia (MO)</b> 10:30 am Aqua Aerobics (WC) <b>1 pm Bingo (BE)</b> 2 pm Cardio Drumming (WC)**	<b>23</b> 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Episcopal Service (MC) <b>10 am Sing Along with Helen and Elaine (BE)</b> 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) <b>2:30 pm Supernal Psalteries (BE)</b>	<b>24</b> 9:45 am Total Body Movement (WC Pool) <b>10 am Book Buddies (LI)</b> 10:30 am Aqua Aerobics (WC) <b>1:10 Chair Yoga with Shelby (WC)</b> 2 pm Rummikub (BE) <b>2 pm Wii Bowling (WA)</b> <b>7 pm MOSAIC Handbell Concert (BT)</b>	<b>25</b> 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) <b>10 am Chaplains Chat (BE)</b> 1 pm Seated Strength/Stretch (BE) 1:45 pm "Keeping it Balanced with Tai Chi" Presentation (BT) 3:30 pm Choir Practice (MC)	<b>26</b> 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) <b>10 am Rummikub and Dominoes (BE)</b> 10 am Rummikub (WA) <b>1 pm Scenic Drive**</b> 1 pm JMU Student Vocal Performance (MC) <b>6:15 pm Movie Night "Mary, Queen of Scots" (MA)</b>	<b>27</b> 9-11:30 am Swimming (WC) 10 am Greeting the Morning! Contemplative Meditation (BT) 6 pm Movie "Singin' in the Rain" TV971 <b>6:15 pm Movie Night "Mary Queen of Scots" (MA)</b>
<b>28</b> <b>9 am Worship Service (MC)*</b> 10:30 am First Church Video* 6:45 pm Worship Rebroadcast*	<b>29</b> 9:45 am Total Body Movement (WC Pool) <b>10 am Coffee, and Giant Crossword (MO)</b> 10:30 am Aqua Aerobics (WC) <b>1 pm Bingo (BE)</b> 2 pm Cardio Drumming (WC)** <b>6 pm JMU Horn Choir (MC)</b>	<b>30</b> 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) <b>10 am Musical Moments (BE)</b> 10 am Episcopal Service (MC) <b>11 am Lunch at the Highlands**</b> 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA)		Announcements TV 970 *Televised TV 971 **Sign up required call ext. 8225 Activities are 30 minutes or more unless otherwise indicated. Calendar is subject to change. For schedule announcements and updates check bulletin boards and TV Channel 970	AK—Activities Kitchen (3rd) AL—Allegheny Room (HL) BE—Bethel Room (2nd) BR—Blue Ridge Room (HL) BT—Bethesda Theatre (2nd) CA—Caledonia (2nd) CR—Art & Craft Room (2nd) GA—Galway (2nd) IV—Inverness (2nd)	JR—Jefferson (3rd) LP—Lyons Pavilion LI—Library (3rd) MA—Madison (3rd) MC—Meredith Chapel MO—Monroe (3rd) SS—Sunnyside Room WA—Washington (3rd) WC—Wellness Center