











# Oak Gables



# 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>Daisy &amp; Diamond</b></p>	<p><b>1</b></p> <p>9:30 Mass CH</p> <p>10:30 Travelogue: Scotland NBH2</p> <p>1:30 Boomer Memories NBH1</p> <p>2:45 Chair Yoga NBH2</p> <p>3:15 Music for Easter NBH3</p>	<p><b>2</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Book Club NBH2</p> <p>1:30 Crossword Puzzle NBH3</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Scottish Mystery NBH1</p>	<p><b>3</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:15 Call the Midwife 2:8 NBH1</p> <p>1:30 April IQ NBH1</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Jane Goodall Day NBH3</p>	<p><b>4</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Warm Sweet Rolls NBH3</p> <p>1:30 Resident Council NBH2</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Bodies of Water NBH1</p>	<p><b>5</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Java Music &amp; Chat NBH1</p> <p>1:00 Movie in NBH2 "The Boys in the Boat"</p> <p>2:45 Take Care Exercise NBH2</p>	<p><b>6</b></p> <p>1:30 Movie "The Boys in the Boat" TH</p> 
<p><b>7</b></p> <p>9:30 Mass CH</p> <p>2:00 Bingo with Espen &amp; Marit NBH</p> 	<p><b>8</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Sharing Our Stories NBH1</p> <p>1:30 1940s Pop Hits NBH3</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Good News NBH2</p>	<p><b>9</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Book Club NBH2</p> <p>1:30 Crossword Puzzle NBH2</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Unicorn Day NBH3</p>	<p><b>10</b></p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:15 Call the Midwife 2:9 NBH1</p> <p>10:30 Kids in the Courtyard NH2</p> <p>1:30 Painting with Sally NBH2</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Community Spirit Day MNH3</p>	<p><b>11</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Warm Sweet Rolls NBH1</p> <p>1:30 Music with Lucas NBH3</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Civil Rights NBH2</p>	<p><b>12</b></p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Java Music &amp; Chat NBH2</p> <p>1:00 Movie in NBH2 "Where the Crawdads Sing"</p> <p>1:30 Diane Wilson Presentation AUD</p> <p>2:45 Take Care Exercise NBH2</p>	<p><b>13</b></p> <p>1:30 Movie "Where the Crawdads Sing" TH</p> 
<p><b>14</b></p> <p>9:30 Mass CH</p> <p>2:00 Bingo with Tommy NBH2</p> <p>2:00 East Metro Symphony Orchestra Performs AUD</p> 	<p><b>15</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 DaVinci Trivia NBH1</p> <p>1:30 Baking Cookies NBH3</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Opening Verses NBH2</p>	<p><b>16</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Book Club NBH2</p> <p>1:30 Crossword Puzzle NBH1</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Popcorn Social NBH3</p>	<p><b>17</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:15 Call the Midwife 3:1 NBH1</p> <p>1:30 Mindful Meditation NBH3</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:00 April Birthdays Party with Jeff Brueske MDR</p>	<p><b>18</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Warm Sweet Rolls NBH2</p> <p>1:30 Speaking of Spirit NBH3</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Name That Tune NBH1</p>	<p><b>19</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Java Music &amp; Chat NBH3</p> <p>1:00 Movie in NBH2 "Asteroid City"</p> <p>2:45 Take Care Exercise NBH2</p>	<p><b>20</b></p> <p>1:30 Movie "Asteroid City" TH</p> 
<p><b>21</b></p> <p>9:30 Mass CH</p> <p>2:00 Bingo with Espen &amp; Marit NBH2</p> 	<p><b>22</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Singing the Blues NBH3</p> <p>1:30 Earth Day CY</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 TEDTalk: Why Are Women Still Taken Less Seriously? 1</p>	<p><b>23</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Book Club NBH2</p> <p>1:30 Shirley Temple Day NBH3</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Pink Moon NBH1</p>	<p><b>24</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:15 Call the Midwife 3:2 NBH1</p> <p>10:30 Kids in the Courtyard NH2</p> <p>1:30 Painting with Sally NBH2</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 April Happy Hour NBH3</p>	<p><b>25</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Warm Sweet Rolls NBH3</p> <p>1:30 Music with Lucas NBH2</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Joey Clark Performs NBH3</p>	<p><b>26</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Java Music &amp; Chat NBH1</p> <p>1:00 Movie in NBH2 "O Brother, Where Art Thou?"</p> <p>2:45 Take Care Exercise NBH2</p>	<p><b>27</b></p> <p>1:30 Movie "O Brother, Where Art Thou?" TH</p> 
<p><b>28</b></p> <p>9:30 Mass CH</p> <p>2:00 Bingo with Jane NBH2</p> 	<p><b>29</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Unfold: Austria NBH2</p> <p>1:30 Dance Day NBH1</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Willie Nelson Bio NBH3</p>	<p><b>30</b></p> <p>8:30 Yoga Video *</p> <p>9:30 Mass CH</p> <p>10:00 Chair Mix FIT</p> <p>10:30 Book Club NBH2</p> <p>1:30 Outdoor Strolls CY</p> <p>2:45 Take Care Exercise NBH2</p> <p>3:15 Scottish Folk Tales NBH1</p>		<p><b>KEY</b></p> <p><b>NBH1, NBH2, NBH3:</b> common areas of each neighborhood</p> <p><b>MDR:</b> Main Dining Room</p> <p><b>CY:</b> Courtyard</p> <p><b>All House Events:</b> AUDitorium, CHapel, THEater, FITness Center</p>	<p>Programs happening in the Chapel can be watched on channel 990. An asterisk (*) indicates viewing on channel 992. Music channels: 401-450. Calendar and activities are subject to change.</p>	<p>Contact Bee (Life Enrichment Coordinator) with questions or requests at *5107</p> 