



# Morningside Activities Calendar

## April 2024

SUN	MON	TUES	WED	THURS	FRI	SAT	
<p><b>Programs subject to change please use the daily sheets for updates!</b></p>	<p><b>1 APRIL'S FOOLS DAY</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game  <b>10:30 Chaboom</b>            11:15 Daily Chronicle            1:00 BINGO MS1            2:00 Writing Group Poetry            3:00 Brain Games w/Tufts  <b>3:30 Sing-along Songs</b>            6:00 Musical Movie</p>	<p><b>2</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Resident Social  <b>2:00 The Singing Trooper</b>            2:30 Gardening Club            3:00 Brain Games w/Tufts            6:00 Hollywood Classics</p>	<p><b>3</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game  <b>10:30 Tai Chi with Sasha</b>            11:15 Daily Chronicle            1:00 Creative Expression            2:00 Cooking Group  <b>2:30 Tunefoolery Music</b>            3:30 Virtual Concert – YouTube “Broadway-Hamilton an American Musical”            6:00 I Love Lucy</p>	<p><b>4</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Karaoke Singalong            2:30 Board &amp; Card Games            3:00 Brain Games w/Tufts            6:00 Hallmark Channel</p>	<p><b>5</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Book Group            2:00 Trivia            3:00 Mindfulness            3:00 Brain Games w/Tufts            6:00 Evening Classic Show</p>	<p><b>6</b>            9:30 Walk Group Lobby            10:00 Word Game &amp; Daily Chronicle            10:30 Morning Stretch &amp; Ball Exercise            1:00 BINGO MS1            2:00 Resident Choice of Activity            3:00 Armchair Travel - Ireland            6:00 Resident Choice</p>	
	<p><b>7</b>            9:00 Spiritual Time  <b>10:00 Folk Music</b>            11:15 Daily Chronicle            1:00 Manicures            2:00 Walk Group            3:00 Puzzles            6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p><b>8</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game  <b>10:30 Chaboom</b>            11:15 Daily Chronicle            1:00 BINGO MS1            2:00 Writing Group Poetry            3:00 Brain Games w/Tufts  <b>3:30 Sing-along Songs</b>            6:00 Musical Movie</p>	<p><b>9 RAMADAN ENDS RED SOX OPENING DAY</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Lincoln Center – Julliard School            2:10 Red Sox Home Opener            3:00 Brain Games w/Tufts            6:00 Hollywood Classics</p>	<p><b>10</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game  <b>10:30 Tai Chi with Sasha</b>            11:15 Daily Chronicle            1:00 Creative Expression            2:00 Cooking Group            3:15 Virtual Concert – YouTube “Hits of Broadway”            6:00 I Love Lucy</p>	<p><b>11</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle  <b>1:30 Joel &amp; Dan Music MS3</b>            2:30 Board &amp; Card Games            3:00 Brain Games w/Tufts            6:00 Hallmark Channel</p>	<p><b>12</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Book Group            2:00 Trivia            3:00 Mindfulness            3:00 Brain Games w/Tufts            6:00 Evening Classic Show</p>	<p><b>13</b>            9:30 Walk Group Lobby            10:00 Word Game &amp; Daily Chronicle            10:30 Morning Stretch &amp; Ball Exercise  <b>11:00 Poetry with Sarah</b>            1:00 Meditation &amp; Art Project with Sarah  <b>2:00 Games with Sarah</b>            3:00 Armchair Travel - Ireland            6:00 Resident Choice</p>
	<p><b>14</b>            9:00 Spiritual Time  <b>10:00 Folk Music</b>            11:15 Daily Chronicle            1:00 Manicures            2:00 Walk n Roll            3:00 Puzzles            6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p><b>15 PATRIOTS DAY MARATHON MONDAY</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game  <b>10:30 Chaboom</b>            11:15 Daily Chronicle            1:00 BINGO MS1            2:00 Writing Group Poetry            3:00 Brain Games w/Tufts  <b>3:30 Sing-along Songs</b>            6:00 Musical Movie</p>	<p><b>16</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Resident Social            2:00 Jeopardy            2:30 Gardening Club            3:00 Brain Games w/Tufts            6:00 Hollywood Classics</p>	<p><b>17</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game  <b>10:30 Tai Chi with Sasha</b>            11:15 Daily Chronicle            1:00 Creative Expression            2:00 Cooking Group            3:15 Virtual Concert – YouTube “Broadway-Singalong”            6:00 I Love Lucy</p>	<p><b>18</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Karaoke Singalong            2:30 Board &amp; Card Games            3:00 Brain Games w/Tufts            6:00 Hallmark Channel</p>	<p><b>19</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game  <b>10:30 Ballroom Dancing</b>            11:15 Daily Chronicle            1:00 Book Group            2:00 Trivia            3:00 Mindfulness            3:00 Brain Games w/Tufts            6:00 Evening Classic Show</p>	<p><b>20</b>            9:30 Walk Group Lobby            10:00 Word Game &amp; Daily Chronicle            10:30 Morning Stretch &amp; Ball Exercise            1:00 BINGO MS1            2:00 Resident Choice of Activity            3:00 Armchair Travel - Ireland            6:00 Resident Choice</p>



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SUN	MON	TUES	WED	THURS	FRI	SAT
<p>21</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:15 Daily Chronicle</p> <p>1:00 Manicures</p> <p>2:00 Walk n Roll</p> <p>3:00 Puzzles</p> <p>6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p>22 <b>EARTH DAY</b></p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Chaboom</p> <p>11:15 Daily Chronicle</p> <p>1:00 BINGO MS1</p> <p>2:00 Writing Group Poetry</p> <p>3:00 Brain Games w/Tufts</p> <p>3:30 Sing-along Songs</p> <p>6:00 Musical Movie</p>	<p>23</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Resident Social</p> <p>2:00 Jeopardy</p> <p>2:30 Gardening Club</p> <p>3:00 Brain Games w/Tufts</p> <p>6:00 Hollywood Classics</p>	<p>24</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Creative Expression</p> <p>2:00 Cooking Group</p> <p>2:30 Tunefoolery Music</p> <p>3:30 Virtual Concert – YouTube “Broadway-The Greatest Showman Soundtrack”</p> <p>6:00 I Love Lucy</p>	<p>25</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Karaoke Singalong</p> <p>2:30 Board &amp; Card Games</p> <p>3:00 Brain Games w/Tufts</p> <p>6:00 Hallmark Channel</p>	<p>26</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Book Group</p> <p>2:00 Trivia</p> <p>3:00 Mindfulness</p> <p>3:00 Brain Games w/Tufts</p> <p>6:00 Evening Classic Show</p>	<p>27</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game &amp; Daily Chronicle</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:00 Poetry with Sarah</p> <p>1:00 Meditation &amp; Art Project with Sarah</p> <p>2:00 Games with Sarah</p> <p>3:00 Armchair Travel - Ireland</p> <p>6:00 Resident Choice</p>
<p>28</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:15 Daily Chronicle</p> <p>1:00 Manicures</p> <p>2:00 Walk n Roll</p> <p>3:00 Puzzles</p> <p>6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p>29</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Chaboom</p> <p>11:15 Daily Chronicle</p> <p>1:00 BINGO MS1</p> <p>2:00 Writing Group Poetry</p> <p>3:00 Brain Games w/Tufts</p> <p>3:30 Sing-along Songs</p> <p>6:00 Musical Movie</p>	<p>30</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Resident Social</p> <p>2:00 Jeopardy</p> <p>2:30 Gardening Club</p> <p>3:00 Brain Games w/Tufts</p> <p>6:00 Hollywood Classics</p>		<p><b><u>BIRTHDAYS</u></b></p> <p><b><u>THIS</u></b></p> <p><b><u>MONTH</u></b></p> <p>4/3 Dorothy</p> <p>4/9 Karen</p> <p>4/12 Marilyn</p> <p>4/23 Ellin</p>	<p>AC – Activity Center 1<sup>st</sup> floor</p> <p>CC – Cozy Corner 3<sup>rd</sup> floor</p> <p>MS – Morningside 1<sup>st</sup> &amp; 3<sup>rd</sup></p> <p><b>Tufts Univ Students</b></p> <p>Mon, Tues, Thurs, and Friday</p> <p><b>3-4 pm</b></p>	<p><u>Spiritual Support</u></p> <p><u>Creative Expression</u></p> <p><u>Physical Fitness</u></p> <p><u>Brain Fitness</u></p> <p><u>Entertainers/Instructors</u></p> <p><u>Music</u></p>