



Traditional Calendar

April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All programs are subject to change. Please see dailies for updates.</p> <p><u>Wellness</u> <u>Arts and Culture</u> <u>Physical Fitness</u> <u>Continued Learning</u> <u>Entertainers/Lectures</u> <u>Music</u></p> <p>Interns: Ana, Amanda and Amelia (Mondays, Thursdays-see Morningside Calendar for full schedule)</p>			<p>1 APRIL FOOLS DAY 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 Sing FIT Exercise 11:00 Fact or Foolery Game for April Fools 12:00 Lunch at Summer Shack 1:45 Mind Sharpeners: Brain Games 3:00 Community Prize Bingo 4:30 Netflix Short: Poison 6:30 PBS Passport Series: Atlantic Crossing</p>	<p>2 MAUNDY THURSDAY PASSOVER BEGINS 9:30 Stretch and Strengthen 9:30 Watercolors with Amanda 10:00 Travelogue: Viva La France 10:00 Scrapbooking with Amelia 11:00 Resident Getting to Know You Group with Tea 1:30 Joel and Dan Concert 3:00 Quiz & Sip Social 3:15 BEI Brain Games Program 3:30 Afternoon Poker 6:30 Evening Film: The Story of Us</p>	<p>3 GOOD FRIDAY RED SOX OPENING DAY 10:00 Inside the Making of Great Art Explained Series 10:30 Dance Movement with Ivy 10:45 Spirituality with or Without Religion 1:30 Forever Fit Balance 2:00 Red Sox Opening Day Party! 3:15 BEI Brain Games Program 6:30 Evening Film: Ray</p>	<p>4 10:00 Morning Stretch 10:30 Short Story Hour 1:30 Current Events Discussion 1:30 BEI Brain Games Program 3:00 Expressive Arts Project 4:10 Red Sox v. San Diego 6:30 New Saturday Series: Masterpiece's The Marlow Murder Club</p>
<p>5 EASTER 10:15 Low Impact Chair Cardio 11:00 Sunday Saxophone 1:30 Trivia Showdown 1:45 BEI Brain Games Program 2:15 Fake or Fortune BBC Series 3:15 Beginner Resistance Bands Exercise 4:00 Scattegories 6:30 Evening Film: Strangers in the Dark</p>	<p>6 9:45 Mindful Meditation 10:00 Scrapbooking with Amelia 10:15 History Who's Who 10:30 Chaboom Chair Dance 11:00 Lecture & Dialogue: Incredible Ecosystems 1:30 Beginner Weight Conditioning 1:30 Ballroom Dance with Steps in Time 2:00 Writing Group with Ana 2:15 Group NYT Crosswords 4:00 Symphony Experience: London Symphony Orchestra Beethoven & Berlioz 6:30 Evening Film: Lilly</p>	<p>7 9:30 Stretch and Strengthen 10:00 Psych Talks: Psychological flexibility: How love turns pain into purpose 10:30 Anagrams Challenge 11:00 Nature Special: Wild France - A Spectacular Journey Part 1A 1:30 Resident Forum 2:00 Road Scholar Lecture: Jane Pauley on Reimagining the Rest of Your Life 2:15 Art Hour: Resin Revisited 3:30 Spring Sweets Social 6:30 Evening Film: Chef</p>	<p>8 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 PASSOVER SEDER 11:00 Author Spotlight: William Wadsworth 1:45 Mind Sharpeners 3:00 Community Prize Bingo 4:30 Film Festival Documentary: The Thinking Game 6:30 PBS Passport Series: Atlantic Crossing</p>	<p>9 PASSOVER ENDS 9:30 Stretch and Strengthen 9:30 Watercolors with Amanda 10:00 April Jeopardy Trivia Challenge 10:00 Scrapbooking with Amelia 11:00 Resident Getting to Know You Group with Tea 1:00 Lincoln Center Presents: A Musical Legacy San Juan Hill in MS 1:45 Travelogue: Gardens of France 3:00 Quiz & Sip Social 3:15 BEI Brain Games Program 4:00 Afternoon Poker 6:30 Evening Film: The Perfect Neighbor</p>	<p>10 10:00 Great Museums: The National Museum of Women in Arts 10:30 Decordova Museum Outing 10:45 Peter Presents Slides 1:30 Forever Fit Balance 2:30 Cadbury Sing Along 3:15 BEI Brain Games Program 3:30 Boyd's PBS Doc: Rough to Refined the Rise of Surgery 6:45 NECSpring Concert Series 6:30 Evening Film: Darkest Hour</p>	
<p>12 10:15 Low Impact Chair Cardio 11:00 Sunday Saxophone 1:30 Trivia Showdown 1:45 BEI Brain Games Program 2:15 Fake or Fortune BBC Series 3:15 Beginner Resistance Bands Exercise 4:00 Scattegories 6:30 Evening Film: The Greatest Showman</p>	<p>13 9:45 Mindful Meditation 10:00 Scrapbooking with Amelia 10:15 Fact or Fiction 10:30 Chaboom Chair Dance 11:00 Lecture & Dialogue: Wide World of Wood 1:30 Beginner Weight Conditioning 2:00 Writing Group with Ana 2:15 Group NYT Crosswords 4:00 Symphony Experience: London Symphony Orchestra Bacewicz et al</p>	<p>14 9:30 Stretch and Strengthen 10:00 Psych Talks: Trauma, shame, and being enough 10:30 NYT Wordle 11:00 Nature Special: Wild France - Part 1B 1:30 Resident Engagement Meeting 2:15 Art Hour: Sand Art & Succulents Craft 3:30 Taste of France Social 6:30 Evening Film: Crazy, Stupid, Love.</p>	<p>15 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 Sing FIT Exercise 11:00 Star Spotlight: Montalban 1:30 Food for Thought with Jimmy 2:15 Mind Sharpeners 3:00 Community Prize Bingo 4:30 Netflix Short: The Rat Catcher 6:30 PBS Passport Series: Atlantic Crossing</p>	<p>16 9:30 Stretch and Strengthen 9:30 Watercolors with Amanda 10:00 Modern Jeopardy Trivia 10:00 Scrapbooking with Amelia 11:00 Resident Getting to Know You Group with Tea 1:45 Travelogue: Versailles 3:00 Quiz & Sip Social 3:15 BEI Brain Games Program 3:30 Afternoon Poker 6:30 Evening Film: Desert Hearts</p>	<p>17 10:00 MET Exhibition Tour: Van Gogh's Cypresses 10:30 Dance Movement with Ivy 10:30 Fresh Pond Errand Outing 10:45 Spirituality with or Without Religion 1:30 Forever Fit Balance 2:30 Cadbury Sing Along 3:30 Boyd's PBS Doc: The Navigators 3:15 BEI Brain Games Program</p>	
						<p>18 10:00 Morning Stretch 10:30 Poetry Session 1:30 Current Events Discussion 1:30 BEI Brain Games Program 3:00 Expressive Arts Project 4:10 Red Sox v. Detroit 6:30 New Saturday Series: Masterpiece's The Marlow Murder Club</p>

	6:30 Evening Film: If I Had Legs I'd Kick You				6:30 Evening Film: Something the Lord Made	
19 10:15 Low Impact Chair Cardio 11:00 Sunday Saxophone 1:30 Trivia Showdown 1:45 BEI Brain Games Program 2:15 Fake or Fortune BBC Series 3:15 Beginner Resistance Bands Exercise 4:00 Scattegories 6:30 Evening Film: All the President's Men	20 PATRIOTS DAY 9:00 Boston Marathon Viewing 9:45 Mindful Meditation 10:00 Scrapbooking with Amelia 10:30 Chaboom Chair Dance 11:00 History Who's Who 1:30 Beginner Weight Conditioning 2:00 Writing Group with Ana 2:15 Group NYT Crosswords 4:00 Symphony Experience: London Symphony Orchestra Gluck et al 6:30 Evening Film: The Tale	21 9:30 Stretch and Strengthen 10:00 Psych Talks: Self-Transformation Through Mindfulness 10:30 Anagram Challenge 11:00 Golden Moments Dog Therapy 11:00 Nature Special: Wild France - Part 2A 1:30 Art Hour: Spring Sketches en Plien Air 2:00 Mike Mosca Guitar and Vocals Concert 3:30 Resident Social – April Birthdays 6:30 Evening Film: Ella McCay	22 EARTH DAY 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 Sing FIT Exercise 10:45 Inventor Spotlight: Hedy Lazaar "Bombshell" 1:45 The Giving Tree Reading and Discussion 3:00 Community Prize Bingo 4:30 Film Festival Documentary: Herd 6:30 PBS Passport Series: Atlantic Crossing	23 9:30 Stretch and Strengthen 9:30 Watercolors with Amanda 10:00 Earth and Arbor Trivia Challenge 10:30 Outing to BSO 10:00 Scrapbooking with Amelia 11:00 Resident Getting to Know You Group with Tea 1:45 Travelogue: Culinary Journey through France 3:00 Quiz & Sip Social 3:15 BEI Brain Games Program 3:30 Afternoon Poker 6:30 Evening Film: 500 Days of Summer	24 ARBOR DAY 10:00 Great Museums: Stories of the Tate 2 10:30 Dance Movement with Ivy 10:45 Spirituality with or Without Religion 1:30 Forever Fit Balance 2:30 Cadbury Sing Along 3:15 BEI Brain Games Program 3:30 Special PBS Doc: Discovering Maggie Smith 6:30 Evening Film: The Invisible Woman	25 10:00 Morning Stretch 10:30 Show and Tell 1:30 Current Events Discussion 1:30 BEI Brain Games Program 2:00 Harvard Orchestra Ensemble 3:00 Expressive Arts Project 4:10 Red Sox v. Baltimore 6:30 New Saturday Series: Masterpiece's The Marlow Murder Club
26 10:15 Low Impact Chair Cardio 11:00 Sunday Saxophone 1:30 Trivia Showdown 1:45 BEI Brain Games Program 2:15 Fake or Fortune BBC Series 3:15 Beginner Resistance Bands Exercise 4:00 Scattegories 6:30 Evening Film: Gia	27 9:45 Mindful Meditation 10:00 Scrapbooking with Amelia 10:15 Fact or Fiction 10:30 Chaboom Chair Dance 11:00 Lecture & Dialogue: Amazing Coastlines 1:30 Beginner Weight Conditioning 2:00 Writing Group with Ana 2:15 Group NYT Crosswords 4:00 Symphony Experience: London Symphony Orchestra Bach et al 6:30 Evening Film: Rental Family	28 9:30 Stretch and Strengthen 10:00 Psych Talks: Narcissism and Its Discontents 10:30 NYT Wordle 11:00 Nature Special: Wild France - Part 2B 1:30 Film Selection Meeting 2:00 Mark West Classical Piano Concert 3:30 Savory Bites social 6:30 Evening Film: Springsteen Deliver Me to Nowhere	29 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 Sing FIT Exercise 11:00 Eco-Poetry for Sharing 1:30 Resident Roundtable 2:30 Cambridge Library Visit 3:00 Community Prize Bingo 4:30 Netflix Short: The Swan 6:30 PBS Passport Series: Atlantic Crossing	30 9:30 Stretch and Strengthen 9:30 Watercolors with Intern Ana 10:00 Walking Club with Amelia 10:00 Ultimate French Trivia Challenge 11:00 Resident Getting to Know You Group with Tea 12:15 Chinese Lunch Take In 1:30 Music and Reminiscing with Amanda 1:45 Travelogue: Southwest France 3:00 Quiz & Sip Social 3:15 BEI Brain Games Program 3:30 Afternoon Poker 6:30 Evening Film: Birdman	Happy Birthday! ELBERT M 4/12 	

This month we celebrate Mother Earth and Arbor, travel through France and GO Red Sox!

