

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2026

## Sopris Lodge Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p><b>April 2026</b></p> <p><b>Sopris Lodge Assisted Living</b></p>			<ul style="list-style-type: none"> <li>11:00 Morning Exercise 1</li> <li>2:00 Painting Easter Eggs</li> <li>3:00 Making Bunny Heating Pads</li> <li>4:00 Jeopardy</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Yoga with Shaylee 2</li> <li>11:00 Drumming Exercise</li> <li>2:00 Making Easter Pudding Dirt Cups</li> <li>3:00 Residents Bridge Game</li> <li>4:00 Happy Hour in IL</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Chair Stretching 3</li> <li>2:00 Spanish Class</li> <li>3:00 Scrabble</li> <li>6:00 Friday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Morning Exercise 4</li> <li>2:00 Painting</li> <li>3:30 How It's Made on Hulu</li> </ul>			
			<ul style="list-style-type: none"> <li>10:00 Reading the Morning Paper 5</li> <li>2:30 Board Game Hour</li> <li>3:00 Easter Egg Hunt</li> <li>3:00 Hand Massages</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Chair Yoga 6</li> <li>1:00 Learning about Passover</li> <li>2:00 Watercolor Painting</li> <li>3:00 Mahjong</li> <li>4:00 Bingo!</li> </ul>	<ul style="list-style-type: none"> <li>9:45 Meditation with Anne 7</li> <li>11:00 Chair Tai Chi</li> <li>2:00 Making our Own Popcorn Bowls</li> <li>3:00 Dolphin Reef on Disney +</li> <li>4:00 Group Crossword</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Morning Exercise 8</li> <li>2:30 AL Resident Council</li> <li>3:00 Lost Worlds: Braveheart's Scotland and William Wallace</li> <li>4:00 Trivial Pursuit</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Yoga with Shaylee 9</li> <li>11:00 Drumming Exercise</li> <li>2:00 True Nature Walk</li> <li>3:00 Residents Bridge Game</li> <li>4:00 Happy Hour in IL</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Chair Stretching 10</li> <li>2:00 Spanish Class</li> <li>3:00 Scrabble</li> <li>6:00 Friday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Morning Exercise 11</li> <li>2:00 Painting</li> <li>3:30 How It's Made on Hulu</li> </ul>
			<ul style="list-style-type: none"> <li>10:00 Reading the Paper 12</li> <li>2:00 Board Game Hour</li> <li>3:00 Hand Massages</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Chair Yoga 13</li> <li>2:00 Watercolor Painting</li> <li>3:00 Mahjong</li> <li>4:00 Bingo!</li> </ul>	<ul style="list-style-type: none"> <li>9:45 Meditation with Anne 14</li> <li>11:00 Chair Tai Chi</li> <li>2:00 Making Beaded Pipe Cleaner Flowers</li> <li>3:00 Fatal Mistakes Behind the Titanic Disaster on Youtube</li> <li>4:00 Group Crossword</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Carbondale Library Book Pop-Up 15</li> <li>11:00 Morning Exercise</li> <li>1:30 Target Trip</li> <li>2:00 Puzzle Time</li> <li>4:00 Jeopardy</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Yoga with Shaylee 16</li> <li>11:00 Drumming Exercise</li> <li>2:00 Walking Group Down Main St.</li> <li>3:00 Residents Bridge Game</li> <li>4:00 Happy Hour in IL</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Chair Stretching 17</li> <li>2:00 Spanish Class</li> <li>3:00 Scrabble</li> <li>6:00 Friday Movie Night:</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Morning Exercise 18</li> <li>2:00 Painting</li> <li>3:30 How It's Made on Hulu</li> </ul>
			<ul style="list-style-type: none"> <li>10:00 Reading the Paper 19</li> <li>2:00 Board Game Hour</li> <li>3:00 Hand Massages</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Chair Yoga 20</li> <li>2:00 Watercolor Painting</li> <li>3:00 Mahjong</li> <li>4:00 Bingo!</li> </ul>	<ul style="list-style-type: none"> <li>9:45 Meditation with Anne 21</li> <li>11:00 Chair Tai Chi</li> <li>2:00 Making Banana Bread</li> <li>3:00 Making Paper Mache Flowers</li> <li>4:00 Group Crossword</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Morning Exercise 22</li> <li>2:00 Movie and Activity Meeting</li> <li>3:00 A Globe-Trotting Wake-Up Call: Pole to Pole with Will Smith</li> <li>4:00 Trivial Pursuit</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Yoga with Shaylee 23</li> <li>11:00 Drumming Exercise</li> <li>2:00 Reading Shakespeare's Poems</li> <li>3:00 Residents Bridge Game</li> <li>4:00 Happy Hour in IL</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Chair Stretching 24</li> <li>2:00 Spanish Class</li> <li>3:00 Scrabble</li> <li>6:00 Friday Movie Night:</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Morning Exercise 25</li> <li>2:00 Painting</li> <li>3:30 How It's Made on Hulu</li> </ul>
			<ul style="list-style-type: none"> <li>10:00 Reading the Paper 26</li> <li>2:00 Board Game Hour</li> <li>3:00 Hand Massages</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Chair Yoga 27</li> <li>2:00 Watercolor Painting</li> <li>3:00 Birthday Celebration</li> <li>4:00 Bingo!</li> </ul>	<ul style="list-style-type: none"> <li>9:45 Meditation with Anne 28</li> <li>11:00 Chair Tai Chi</li> <li>11:30 Chili's Lunch Outing</li> <li>2:30 Jenga</li> <li>4:00 Group Crossword</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Morning Exercise 29</li> <li>1:30 Target Trip</li> <li>2:00 Mahjong</li> <li>4:00 Jeopardy</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Yoga with Shaylee 30</li> <li>11:00 Drumming Exercise</li> <li>2:00 Walking the Rio Grande Trail</li> <li>3:00 Residents Bridge Game</li> <li>4:00 Happy Hour in IL</li> </ul>	<p><b>Happy Birthday!</b></p> <p>-----</p> <p><b>Laura Z. 4/ 27</b></p>	