“Parkinson’s Awareness Month”

April 2011

Aster Community Calendar

“Remembering the Past…..Improving the Future”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing & Coffee 3:30 – Happy Hour/Bob Ackerman/BL 4:30 – Shabbat Services 5:00 – Prepare for Dinner 6:30 – After Dinner TV News	**2** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put feet up, relax to quiet music 3:00 – Saturday Life Skills 4:00 – Bingo Madness 5:00 – Get Ready for Dinner
3 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour **3:00 – Worship with Pastor Jill/ BL** 4:00 – Coffee Break and Bingo 5:00 – Get Ready for Dinner	**4** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music **2:00 – Let’s go to the Movies** 2:00 – Reading , Reminiscing & Coffee **3:00 –National Garden Month / Guest Speaker from Arboretum/ BR** 4:00 – Afternoon Bingo	**5** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music **2:00 – Music and More with Marti** 3:00 – Reading, Reminiscing & Coffee 4:00 – Word Game Fun 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**6** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing and Coffee 3:00 – Spring Trivia 4:00 – Table Games and Card Games 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**7** 9:00 – Morning Pampering 9:30 – Sit and Stretch 10:00 – Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix it Time 11:30 – Preparing for Lunch 1:00 – Put Feet up, relax to quiet music. 2:00 – Reading, Reminiscing & Coffee 3:00 – Randy on the Guitar 4:00 – Afternoon Current Events 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**8** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing & Coffee 3:30 – Happy Hour/ Walker and Adams/BL 4:30 – Shabbat Services 5:00 – Prepare for Dinner 6:30 – After Dinner TV News	**9** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put feet up, relax to quiet music 3:00 – Saturday Life Skills 4:00 – Bingo Madness 5:00 – Get Ready for Dinner
10 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 4:00 – Coffee Break and Bingo 5:00 – Get Ready for Dinner	**11** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing, and Coffee 3:00 – Let’s Bake Brownies for Supper 4:00 – Painting Fun 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**12** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:00 – Catholic Communion/PDR 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music **2:00 – Music and More with Marti** 3:00 – Reading , Reminiscing & Coffee 4:00 – Bowling and Puzzles 6:30 – After Dinner TV News	**13** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading,, Reminiscing and Coffee 3:00 – Dominos and Scrabble 4:00 – Let’s Plant Strawberries 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**14** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing and Coffee 2:30 – Let’s Go out for Ice Cream 4:00 – Bowling and Puzzles 6:30 – After Dinner TV News	**15** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading ,Reminiscing & Coffee 3:30 – Happy Hour/TBA 4:30 – Shabbat Services 5:00 – Prepare for Dinner 6:30 – After Dinner TV News	**16** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put feet up, relax to quiet music 3:00 – Saturday Life Skills 4:00 – Bingo Madness 5:00 – Get Ready for Dinner
17 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour **3:00 – Worship with Pastor Jill/BL** 4:00 – Coffee Break and Bingo 5:00 – Get Ready for Dinner **6:00 – Senior Seder Service**	**18** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Let’s go to the Arboretum 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing and Coffee **3:30 – Painting with Julie** 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**19** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music **2:00 – Music and More with Marti** 3:00 – Reminiscing/Let’s Make Matzo Ball Soup 4:00 –Color Collages 6:30 – After Dinner TV News	**20** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing and Coffee 3:00 – Manicures and Hand Massages 4:00 – Dabbling in Paint/Spring Tree Art 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**21** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:00 – Tour of Portraits of a Family 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing and Coffee 3:00 – Let’s Make Decorative Easter Eggs 6:30 – After Dinner TV News	**22** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading , Reminiscing & Coffee 3:30 – Happy Hour/Norris Perry/BL 4:30 – Shabbat Services 5:00 – Prepare for Dinner 6:30 – After Dinner TV News	**23** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put feet up, relax to quiet music 3:00 – Saturday Life Skills 4:00 – Bingo Madness 5:00 – Get Ready for Dinner
24 **7:30 – Easter Sunrise Service/SR Gazebo** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 4:00 – Coffee Break and Bingo 5:00 – Get Ready for Dinner	**25** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing and Coffee 3:00 – Stroll in the Courtyard 4:00 – Afternoon Bingo Fun 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**26** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:00 – Catholic Communion/PDR 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music **2:00 – Music and More with Marti** 3:00 – Reading ,Reminiscing & Coffee **3:30 – Hymn Sing with Pastor Jill/SR** 6:30 – After Dinner TV News	**27** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing and Coffee 3:00 – Chair Exercise 4:00 – Garden Trivia /Plant Flowers 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**28** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading, Reminiscing and Coffee 3:00 – Cooking Corner – Pasta Salad 4:00 - Word Game Fun 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News	**29** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00– Morning Coffee Break 10:30 – Sharing Time with Carmelita 11:00 – Daily Fix It Time 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Reading ,Reminiscing & Coffee 3:30 – Happy Hour/Johnnie/BL 4:30 – Shabbat Services 5:00 – Prepare for Dinner 6:30 – After Dinner TV News **COUNTRY STORE OPEN 1-4**	**30** 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put feet up, relax to quiet music 3:00 – Saturday Life Skills 4:00 – Bingo Madness 5:00 – Get Ready for Dinner

Windsor Senior Living, 7750 LBJ Freeway, Dallas, TX 75251

“Shear Heaven Salon” at the Windsor. Open Tuesday – Friday 9:30 – 5:00 – Full Service