

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2021

Naples at The Palazzo  
Assisted Living North

				<p><b>Gift Shop Hours 10am-12pm</b> 8:00 Adaptive Martial Arts 9:00 Meditation w. Whitney 9:30 Strength Building 10:00 Energy Up Fitness / Virtual Trivia 11:00 Nicole Pesce Musical Variety Show 11:00 Tai Chi 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> <b>1:30 Paris Highlights Virtual Tour II</b> 1:30 Cond. &amp; Toning Bootcamp <b>2:00 Bingo – Session 1</b> <b>3:15 Bingo – Session 2</b> <small>All Fools' Day</small></p>	<p><b>7:00 Immunity through Breath &amp; Movement</b> 9:00 Meditation w. Whitney 10:00 Flamenco 11:00 Welcome Shabbat 11:00 Story Exchange 11:30 Tech w. Abbie: Quicken a Slow PC 12:00 Virtual Chair Adult Ballet Class <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Fact or Foolery</b> <small>Good Friday</small></p>	<p>9:00 Moving Art: Flowers 9:30 Shabbat Morning Service w. Beth El 1:00 Word Puzzle Pickup <b>2:00 Bingo</b>  Movies: 12:30, 2:30, 4:30, &amp; 7pm</p>
<p>9:30 Head Space: How to Be Kind 10:00 Non-denominational Church Services 4:00 Weekend Word Puzzle Pickup  Movies: 11am, 2:30, 4:30, &amp; 7pm <small>Easter Sunday</small></p>	<p><b>8:30 Yoga</b> 9:00 Meditation w. Whitney 9:00 Mat &amp; Chair Pilates 9:30 Gentle/Stretch Yoga 10:00 Immunity w Breath &amp; Move. 11:00 Dance &amp; Movement 11:00 Painting &amp; Drawing Class 1:00 Mindfulness Stress Reduction <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Popcorn Pickup</b> <b>2:30 Air Dray Clay, Part 1</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 8:00 Energy Up Fitness 9:00 Meditation w. Whitney 9:30 Doing the 'rot' Thing / Yoga 10:00 Fitness &amp; Strength Train. 10:30 Zen Flow 11:00 Curriculum Theatre 12:00 Scattergories <b>1:15 Training w. Henry</b> 1:30 Meditation &amp; Mindfulness <b>2:30 Ice Cream Social</b> <b>3:00 Bananagrams</b></p>	<p>9:00 Meditation w. Whitney <b>9:30 Walk Fit w. Cassie</b> <b>10:00 Gym Equipment Training</b> 10:00 Fitness w Zoe 10:00 Qigong / Tai Chi Fusion <b>11:00 My Cancer Journey; Part 1</b> 11:00 Chair Yoga / Chair Yoga 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Sip n' Paint</b> 5:00 Michael's: Watercolor Tulip Card</p>	<p><b>Gift Shop Hours 10am-12pm</b> 8:00 Adaptive Martial Arts 9:00 Meditation w. Whitney 9:30 Strength Building 10:00 Energy Up Fitness / Virtual Trivia 11:00 Phoenix Art: Looking to the Skies 11:00 Tai Chi 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> 1:30 Latin Fitness Dancing <b>2:00 Bingo – Session 1</b> <b>2:00 Chit Chat w. Rabbi Levi</b> <b>3:15 Bingo – Session 2</b></p>	<p><b>8:00 Immunity w Breath &amp; Movement</b> 9:00 Meditation w. Whitney 10:00 Flamenco 11:00 Welcome Shabbat 11:00 Zentangle w. Marty 11:30 Tech w. Abbie: Streaming Concerts &amp; Classes Online 12:00 Virtual Chair Adult Ballet Class 1:00 Texas &amp; the Civil War <b>1:15 Training w. Henry</b> <b>1:30 Employee of the Month</b> 1:30 Yoga for Daily Life <b>2:00 Jeopardy!</b></p>	<p>9:00 Moving Art: Deserts 9:30 Shabbat Morning Service w. Beth El 1:00 Word Puzzle Pickup <b>2:00 Bingo</b>  Movies: 12:30, 2:30, 4:30, &amp; 7pm</p>
<p>9:30 Head Space: How to Deal with Pain 10:00 Non-denominational Church Services 4:00 Weekend Word Puzzle Pickup  Movies: 11am, 2:30, 4:30, &amp; 7pm</p>	<p><b>8:30 Yoga</b> 9:00 Meditation w. Whitney 9:00 Mat &amp; Chair Pilates 9:30 Gentle/Stretch Yoga 10:00 Immunity w Breath &amp; Movement 11:00 Dance &amp; Movement 11:00 Painting &amp; Drawing Class 1:00 Mindfulness Stress Reduction <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Popcorn Pickup</b> <b>2:30 Air Dry Clay, Part 2</b> <small>Ramadan Begins</small></p>	<p><b>8:00 Energy Up Fitness</b> 9:00 Meditation w. Whitney 9:30 Growing with the Garden Gals 9:30 Televeda Chair Yoga 10:00 Fitness &amp; Strength Train. 10:30 Zen Flow 11:00 Marshall Shore: Exploring 1963 12:00 Wheel of Fortune / Spring Convo <b>1:15 Training w. Henry</b> 1:30 MIM: Ethnomusicology 1:30 Rejuv Your Mind &amp; Body <b>2:30 Ice Cream Social</b> <b>3:00 Bananagrams</b></p>	<p>9:00 Meditation w. Whitney <b>9:30 Walk Fit w. Cassie</b> <b>10:00 Gym Equipment Training</b> 10:00 Fitness w Zoe 10:00 Qigong / Tai Chi Fusion <b>11:00 Workshop: Eating Tips</b> 11:00 Chair Yoga / Chair Yoga 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Sip n' Paint</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 8:00 Adaptive Martial Arts 9:00 Meditation w. Whitney 9:30 Strength Building 10:00 Energy Up Fitness / Virtual Trivia 11:00 Lunch &amp; Learn ft. Herberger Artists 11:00 Tai Chi 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> 1:30 Condition &amp; Tone Bootcamp <b>2:00 Bingo – Session 1</b> <b>3:15 Bingo – Session 2</b></p>	<p><b>8:00 Immunity w Breath &amp; Move.</b> 9:00 Meditation w. Whitney 10:00 Flamenco 11:00 Welcome Shabbat 11:00 Tech Talk: Learn Twitter 11:30 Tech w. Abbie: Health &amp; Wellness Apps 12:00 Virtual Chair Adult Ballet Class 12:30 Bingo &amp; Talent Show <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Jeopardy!</b> <b>3:30 Line Dance Happy Hour</b></p>	<p>9:00 Moving Art: Forests 9:30 Shabbat Morning Service w. Beth El 1:00 Word Puzzle Pickup <b>2:00 Bingo</b>  Movies: 12:30, 2:30, 4:30, &amp; 7pm</p>
<p>9:30 Head Space: How to Deal with Anger 10:00 Non-denominational Church Services 4:00 Weekend Word Puzzle Pickup  Movies: 11am, 2:30, 4:30, &amp; 7pm</p>	<p><b>8:30 Yoga</b> 9:00 Meditation w. Whitney 9:00 Mat &amp; Chair Pilates 9:30 Gentle/Stretch Yoga 10:00 Immunity w Breath &amp; Move. 11:00 Painting &amp; Drawing Class 1:00 Mindfulness Stress Reduction <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Popcorn Pickup</b> <b>2:30 Kitchen Towel Origami</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 8:00 Energy Up Fitness 9:00 Meditation w. Whitney 9:30 Growing with the Garden Gals 9:30 Televeda Chair Yoga 10:00 Fitness &amp; Strength Train. 10:30 Zen Flow 11:15 Yiddish Club - Mamoloshen 12:00 Scattergories <b>1:15 Training w. Henry</b> 1:30 Meditation &amp; Mindfulness <b>2:30 Ice Cream Social</b> <b>3:00 Bananagrams</b></p>	<p>9:00 Meditation w. Whitney <b>9:30 Walk Fit w. Cassie</b> <b>10:00 Gym Equipment Training</b> 10:00 Fitness w Zoe 10:00 Qigong / Tai Chi Fusion <b>11:00 My Cancer Journey: Part 2</b> 11:00 Chair Yoga / Chair Yoga 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Sip n' Paint</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 8:00 Adaptive Martial Arts 9:00 Meditation w. Whitney 9:30 Strength Building 10:00 Energy Up Fitness / Virtual Trivia <b>11:00 'Pajama' Genealogy w Judi</b> <b>11:00 Earth Day Trivia / Tai Chi</b> 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> 1:30 Latin Fitness Dancing <b>2:00 Bingo – Session 1</b> <b>2:00 Chit Chat w. Rabbi Levi</b> <b>3:15 Bingo – Session 2</b> <small>Earth Day</small></p>	<p><b>8:00 Immunity w Breath &amp; Move.</b> 9:00 Meditation w. Whitney 10:00 Flamenco 11:00 Welcome Shabbat 11:00 Book Chat 11:30 Tech w. Abbie: iphone &amp; ipad Standard Apps; What do they do? 12:00 Virtual Chair Adult Ballet Class 12:30 Satriya, A Classical Tradition by Penn Museum <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Jeopardy!</b></p>	<p>9:00 Moving Art: Waterfalls 9:30 Shabbat Morning Service w. Beth El 1:00 Word Puzzle Pickup <b>2:00 Bingo</b>  Movies: 12:30, 2:30, 4:30, &amp; 7pm</p>
<p>9:30 Head Space: How to Achieve Your Limitless Potential 10:00 Non-denominational Church Services 4:00 Weekend Word Puzzle Pickup  Movies: 11am, 2:30, 4:30, &amp; 7pm</p>	<p><b>8:30 Yoga</b> 9:00 Meditation w. Whitney 9:00 Mat &amp; Chair Pilates 9:30 Gentle/Stretch Yoga 10:00 Immunity w Breath &amp; Move. 11:00 Painting &amp; Drawing Class 1:00 Mindfulness Stress Reduction <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Popcorn Pickup</b> <b>2:30 Spring Yarn Birds</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 8:00 Energy Up Fitness 9:00 Meditation w. Whitney 9:30 Growing with the Garden Gals 9:30 Televeda Chair Yoga 10:00 Fitness &amp; Strength Train. 10:30 Zen Flow 11:00 Music &amp; Dance in Native Cultures 12:00 Wheel of Fortune <b>1:15 Training w. Henry</b> 1:30 Rejuv. Your Mind &amp; Body <b>2:30 Ice Cream Social</b> <b>3:00 Bananagrams</b></p>	<p>9:00 Meditation w. Whitney <b>9:30 Walk Fit w. Cassie</b> <b>10:00 Gym Equipment Training</b> 10:00 Fitness w Zoe 10:00 Qigong / Tai Chi Fusion <b>11:00 Explore &amp; Experience: Villa Farnecina</b> 11:00 Chair Yoga / Chair Yoga 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> 1:30 Remember, Recreate, Heal 1:30 Yoga for Daily Life <b>2:00 Sip n' Paint</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 8:00 Adaptive Martial Arts 9:00 Meditation w. Whitney 9:30 Strength Building 10:00 Energy Up Fitness 10:00 Virtual Trivia 11:00 Tai Chi / Body Drumming 1:00 Virtual Bingo <b>1:15 Training w. Henry</b> 1:30 Condition. &amp; Tone Bootcamp <b>2:00 Bingo – Session 1</b> <b>3:15 Bingo – Session 2</b> <small>Arbor Day</small></p>	<p><b>8:00 Immunity w Breath &amp; Move</b> 9:00 Meditation w. Whitney 10:00 Flamenco 11:00 Welcome Shabbat 11:00 Imagination Creates a Story 11:30 Tech w. Abbie: Microsoft Word Basics 12:00 Virtual Chair Adult Ballet 12:30 Field Trip: Joshua Trees <b>1:15 Training w. Henry</b> 1:30 Yoga for Daily Life <b>2:00 Jeopardy!</b> <small>Arbor Day</small></p>	<p><b>Alive, Fit, &amp; Free (Vickie) In-Person</b> <b>Jewish Family Services</b> <b>Televeda</b></p>