

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2021

Palazzo News Network (PNN) in room Channel 1960  
Please see Daily Sheet for Daily event changes  
All Activities are Subject to change



<p><b>HAPPY EASTER</b> 4</p> <p>9:00 Coffee &amp; Dash: Bistro 10:00 Non-Denominational Church Service- 1960 11:00 The Daily Chronicles 4:00 Weekend Word Puzzles Activity RM 11:30-3 Champagne Brunch <b>MOVIE TIMES: 11am, 2:30pm, 4:30pm &amp; 7:00pm</b> <small>Easter Sunday</small></p>	<p>8:30 Yoga 9:00 Meditation W/ Whitney 9:00 Mat &amp; Chair Pilates 9:30 Gental /Sretch Yoga 10:00 Immunity Breath Movement 11:00 Dance &amp; Movement 11:00 Painting Drawing Class 1:00 Mindfulness Stress Reduction 1:30 Yoga For Daily Life <b>1:15 Training W/ Henry: Main S.</b> <b>2:00 Popcorn Pick Up</b> <b>2:00 Air Dry Clay, Part 1</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 5</p> <p>8:00 Energy Up Adapt. Fitness 9:00 Meditation W/ Whitney 9:30 Doing the 'rot' Thing Yoga 10:00 Fitness &amp; Strength Training 10:30 Zen Flow 11:00 Curriculum Theatre 12:00 Scattergories <b>1:15 Training W/ Henry: Main S.</b> 1:30 Meditation &amp; Mindfulness <b>2:30 Ice Cream Social M.S.</b> <b>3:15 Bananagrams</b></p>	<p>9:00 Meditation W/ Whitney <b>9:30 Walk Fit W/ Cassie</b> 6 <b>10:00 Gym Equipment Training</b> 10:00 Qigong / Tai Chi Fusion 10:00 Fitness w/ Zoe 11:00 My Cancer Journey; Part 1 11:00 Chair Yoga 1:00 Virtual Bingo <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Yoga for Daily Life</b> <b>2-4:00 Sip N Paint</b> <b>5:00 Micheal's</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 1</p> <p>8:00 Adaptive Martial Arts 9:00 Meditation W/ Whitney 9:30 Strength Building 10:00 Energy Up Adapt. Fitness 11:00 Nicole Pesce Musical Variety Show 11:00 Tai Chi 1:00 Virtual Bingo <b>1:15 Training W/ Henry: Act-R</b> <b>2:00 1st Live Bingo: Main Street</b> <b>3:15 2nd Live Bingo: Main Street</b> <small>All Fools' Day</small></p>	<p>7:00 Immunity Through Breath &amp; Movement 2 9:00 Meditation W/ Whitney 10:00 Flamenco / Line Dancing 11:00 Welcome Shabbat 11:30 Tech w. Abbie: Quicken a Slow PC 12:00 Virtual Chair Adult Ballet Class <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Daily Life /Yoga</b> <b>2:00 Factor Foolery 2nd Floor</b> <small>Good Friday</small></p>	<p>8:30 Hollywood Idols: Grace Kelly 3 9:00 Morning Coffee Dash..... 9:30 Shabbat Morning Service 12:30 Movie Time: 1960 1:00 Word Puzzles Activity Rm <b>2:00 Bingo on Main Street</b> 2:30 Afternoon Movie: 1960 4:30 Movie: 1960 7:00 Movie Unknown: 1960</p>
<p>9:00 Coffee &amp; Dash: Bistro 11 10:00 Non-Denominational Church Service- 1960 11:00 The Daily Chronicles 4:00 Weekend Word Puzzles Activity RM <b>MOVIE TIMES: 11am, 2:30pm, 4:30pm &amp; 7:00pm</b> <small>Easter Sunday</small></p>	<p>8:30 Yoga 9:00 Meditation W/ Whitney 9:00 Mat &amp; Chair Pilates 9:30 Gental /Sretch Yoga 10:00 Immunity Breath Movement 11:00 Dance &amp; Movement 11:00 Painting &amp; Drawing Class 1:00 Mindful Stress Reduction <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Yoga For Daily Life</b> <b>2:00 Popcorn Pick Up</b> <b>2:00 Air Dry Clay, Part 2</b> <small>Ramadan Begins</small></p>	<p><b>Gift Shop Hours 10am-12pm</b> 12</p> <p>8:00 Energy Up Adapt. Fitness 9:00 Meditation W/ Whitney 9:30 Doing the 'rot' Thing Yoga 10:00 Fitness &amp; Strength Training 10:30 Zen Flow 11:00 Curriculum Theatre 12:00 Scattergories <b>1:15 Training W/ Henry: Main S.</b> 1:30 Meditation &amp; Mindfulness <b>2:30 Ice Cream Social M.S.</b> <b>3:15 Bananagrams</b></p>	<p>9:00 Meditation W/ Whitney <b>9:30 Walk Fit W/ Cassie</b> 13 <b>10:00 Gym Equipment Training</b> 10:00 Qigong / Tai Chi Fusion 10:00 Fitness w/ Zoe 11:00 Workshop: Eating Tips 11:00 Chair Yoga 1:00 Virtual Bingo <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Yoga for Daily Life</b> <b>2-4:00 Sip N Paint</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 14</p> <p>8:00 Adaptive Martial Arts 9:00 Meditation W/ Whitney 9:30 Strength Building 10:00 Energy Up Adapt. Fitness 11:00 Nicole Pesce Musical Variety Show 11:00 Tai Chi 1:00 Virtual Bingo <b>1:15 Training W/ Henry: Act-R</b> <b>2:00 1st Live Bingo: Main Street</b> <b>3:15 2nd Live Bingo: Main Street</b></p>	<p>8:00 Immunity Through Breath &amp; Movement 15 9:00 Meditation W/ Whitney 10:00 Flamenco 11:00 Welcome Shabbat 11:30 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: Main S.</b> <b>1:30 Yoga For Daily Life</b> <b>2:00 Jeopardy: ALN</b></p>	<p>8:30 Hollywood Idols: Grace Kelly 17 9:00 Morning Coffee Dash..... 9:30 Shabbat Morning Service 12:30 Movie Time: 1960 1:00 Word Puzzles Activity Rm <b>2:00 Bingo on Main Street</b> 2:30 Afternoon Movie: 1960 4:30 Movie: 1960 7:00 Movie Unknown: 1960</p>
<p>9:00 Coffee &amp; Dash: Bistro 18 10:00 Non-Denominational Church Service- 1960 11:00 The Daily Chronicles 4:00 Weekend Word Puzzles Activity RM <b>MOVIE TIMES: 11am, 2:30pm, 4:30pm &amp; 7:00pm</b></p>	<p>8:30 Yoga 9:00 Meditation W/ Whitney 9:00 Mat &amp; Chair Pilates 9:30 Gental /Sretch Yoga 10:00 Immunity Breath Movement 11:00 Dance &amp; Movement 11:00 Painting &amp; Drawing Class 1:00 Mindful Stress Reduction <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Yoga For Daily Life</b> <b>2:00 Popcorn Pick Up</b> <b>2:00 Air Dry Clay, Part 2</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 19</p> <p>8:00 Energy Up Adapt. Fitness 9:00 Meditation W/ Whitney 9:30 Doing the 'rot' Thing Yoga 10:00 Fitness &amp; Strength Training 10:30 Zen Flow 11:00 Curriculum Theatre 12:00 Scattergories <b>1:15 Training W/ Henry: Main S.</b> 1:30 Meditation &amp; Mindfulness <b>2:30 Ice Cream Social M.S.</b> <b>3:15 Bananagrams</b></p>	<p>9:00 Meditation W/ Whitney <b>9:30 Walk Fit W/ Cassie</b> 20 <b>10:00 Gym Equipment Training</b> 10:00 Qigong / Tai Chi Fusion 10:00 Fitness w/ Zoe 11:00 My Cancer Journey; Part 2 11:00 Chair Yoga 1:00 Virtual Bingo <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Yoga for Daily Life</b> <b>2-4:00 Sip N Paint</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 21</p> <p>8:00 Adaptive Martial Arts 9:00 Meditation W/ Whitney 9:30 Strength Building 10:00 Energy Up Adapt. Fitness 11:00 Nicole Pesce Musical Variety Show 11:00 Tai Chi 1:00 Virtual Bingo <b>1:15 Training W/ Henry: Act-R</b> <b>2:00 1st Live Bingo: Main Street</b> <b>3:15 2nd Live Bingo: Main Street</b> <small>Earth Day</small></p>	<p>8:00 Immunity Through Breath &amp; Movement 22 9:00 Meditation W/ Whitney 10:00 Flamenco / Line Dancing 11:00 Welcome Shabbat 11:30 Tech w. Abbie: iphone &amp; ipad Slandered Apps: What Do They Do? 12:00 Virtual Chair Adult Ballet Class 12:30 Sattriya, A Classical Tradition by Penn Museum <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Daily Life /Yoga</b> <b>2:00 Jeopardy: ALN</b></p>	<p>8:30 Hollywood Idols: Grace Kelly 24 9:00 Morning Coffee Dash..... 9:30 Shabbat Morning Service 12:30 Movie Time: 1960 1:00 Word Puzzles Activity Rm <b>2:00 Bingo on Main Street</b> 2:30 Afternoon Movie: 1960 4:30 Movie: 1960 7:00 Movie Unknown: 1960</p>
<p>9:00 Coffee &amp; Dash: Bistro 25 10:00 Non-Denominational Church Service- 1960 11:00 The Daily Chronicles 4:00 Weekend Word Puzzles Activity RM <b>MOVIE TIMES: 11am, 2:30pm, 4:30pm &amp; 7:00pm</b></p>	<p>8:30 Yoga 9:00 Meditation W/ Whitney 9:00 Mat &amp; Chair Pilates 9:30 Gental /Sretch Yoga 10:00 Immunity Breath Movement 11:00 Dance &amp; Movement 11:00 Painting &amp; Drawing Class 1:00 Mindful Stress Reduction <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Yoga For Daily Life</b> <b>2:00 Popcorn Pick Up</b> <b>2:00 Air Dry Clay, Part 2</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 26</p> <p>8:00 Energy Up Adapt. Fitness 9:00 Meditation W/ Whitney 9:30 Doing the 'rot' Thing Yoga 10:00 Fitness &amp; Strength Training 10:30 Zen Flow 11:00 Curriculum Theatre 12:00 Scattergories <b>1:15 Training W/ Henry: Main S.</b> 1:30 Meditation &amp; Mindfulness <b>2:30 Ice Cream Social M.S.</b> <b>3:15 Bananagrams</b></p>	<p>9:00 Meditation W/ Whitney <b>9:30 Walk Fit W/ Cassie</b> 27 <b>10:00 Gym Equipment Training</b> 10:00 Qigong / Tai Chi Fusion 10:00 Fitness w/ Zoe 11:00 Explore &amp; Experience: VillaFarnecina 11:00 Chair Yoga 1:00 Virtual Bingo <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Yoga for Daily Life</b> <b>2-4:00 Sip N Paint</b></p>	<p><b>Gift Shop Hours 10am-12pm</b> 28</p> <p>8:00 Adaptive Martial Arts 9:00 Meditation W/ Whitney 9:30 Strength Building 10:00 Energy Up Adapt. Fitness 11:00 Nicole Pesce Musical Variety Show 11:00 Tai Chi 1:00 Virtual Bingo <b>1:15 Training W/ Henry: Act-R</b> <b>2:00 1st Live Bingo: Main Street</b> <b>3:15 2nd Live Bingo: Main Street</b></p>	<p>7:00 Immunity Through Breath &amp; Movement 29 9:00 Meditation W/ Whitney 10:00 Flamenco / Line Dancing 11:00 Welcome Shabbat 11:00 Imagination Creates A Story 11:30 Tech w. Abbie: Microsoft Word Basics 12:00 Virtual Chair Adult Ballet Class 12:30 Field Trip: Joshua Trees <b>1:15 Training W/ Henry: Main S.</b> <b>1:30 Daily Life /Yoga</b> <b>2:00 Jeopardy: ALN</b> <small>Arbor Day</small></p>	<p><b>Palermo</b> <b>Independent Living</b> </p>