



Whitefish  
at the Lakes  
A Lifespark Community

APRIL

Senior Living

Building Strength, Purpose and Belonging

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15 Meeting of the Mugs 10:00 Chair Exercise 11:00 Walking Club with Memory Care 1:00 Farkle Dice Game 2:00 Popcorn Cherry Blossom Craft 6:30 Quarter BINGO	9:45 Chair Exercise 10:30 Catholic Communion 11:00 Walking Club with Memory Care 1:00 20 Questions 2:00 Happy Hour 3:00 Ring Toss 3:00 Cards - 500	Annette R Birthday 9:15 Daily Devotionals 10:00 Chair Exercise 10:45 Stretch & Strength Yoga 1:00 Made in Minnesota - Kems 2:00 Manicures with Patty in Northwoods Fitness 2:30 AA Meeting 3:30 Mission of the Cross - Bible Study	10:00 Chair Exercise 11:00 Hymn Sing 1:00 Rubber Ducky Bingo 2:00 Pain & Symptom Management 3:00 Forklift Racing Practice	10:00 Fun Friday Exercise 10:00 Catholic Mass 11:00 Walking Club with Memory Care 2:00 Advanced Directives 3:00 Cards - 500 6:00 Friday Night at the Movies (Fireside Lounge)	9:30 Stretch & Strength Yoga (Wellness Room) 10:30 Coffee & Chat (Memory Care) 2:00 Quarter BINGO!
Mary Ann G Birthday 9:30 Devotions (Memory Care) 10:30 Coffee & Chat (Memory Care) 2:00 Resident Devotional Hour	Podiatry Here at 9am 9:15 Meeting of the Mugs 10:00 Chair Exercise 11:00 Walking Club with Memory Care 1:00 Gangsters in MN with Alan 2:00 Music with Gary & Kelci 3:15 Uno Card Game 6:30 Quarter BINGO	9:45 Chair Exercise 10:30 Catholic Communion 11:00 Walking Club with Memory Care 11:30 RESCHEDULED - Friendship Feast for Spark Performance 1:00 Blurt Word Game 2:00 Happy Hour 3:00 Dart Game 3:00 Cards - 500	9:15 Daily Devotionals 10:00 Chair Exercise 10:45 Stretch & Strength Yoga 1:00 General Trivia 2:00 Manicures with Patty in Northwoods Fitness 2:30 AA Meeting 3:30 CANCELED THIS WEEK - Mission of the Cross - Bible Study	Judy P Birthday 10:00 Chair Exercise 11:00 Hymn Sing 1:00 Axe Throwing 2:00 Log Church (Bistro) 3:00 Forklift Racing Practice	10:00 Fun Friday Exercise 11:00 Walking Club with Memory Care 2:00 Horse Racing 3:00 Cards 6:00 Friday Night at the Movies (Fireside Lounge)	9:30 Stretch & Strength Yoga (Wellness Room) 10:30 Coffee & Chat (Memory Care) 2:00 Quarter BINGO!
9:30 Devotions (Memory Care) 10:30 Coffee & Chat (Memory Care) 2:00 Resident Devotional Hour	9:15 Meeting of the Mugs 10:00 Chair Exercise 11:00 Walking Club with Memory Care 1:00 Horse Racing 2:00 Book Club 3:00 History of the Titanic 6:30 Quarter BINGO	9:45 Chair Exercise 10:30 Catholic Communion 11:00 Walking Club with Memory Care 1:00 Forklift Racing Scrimmage 2:00 Happy Hour - Nutrition and Aging 3:00 Bean Bag Toss 3:00 Cards - 500	9:15 Daily Devotionals 10:00 Chair Exercise 10:45 Stretch & Strength Yoga 1:30 Resident Council 2:00 Manicures with Patty in Northwoods Fitness 2:30 AA Meeting 3:30 Mission of the Cross - Bible Study	10:00 Chair Exercise 11:00 Hymn Sing 1:00 Axe Throwing 2:00 Parkinson Specialty Program 3:00 Forklift Racing Practice with Highland Flyers	10:00 Fun Friday Exercise 11:00 Walking Club with Memory Care 1:00 Really Big Show 2:00 Responding to Dementia 3:00 Bridge, Cribbage & Cards 6:00 Friday Night at the Movies (Fireside Lounge)	Dan C Birthday 9:30 Stretch & Strength Yoga (Wellness Room) 10:30 Coffee & Chat (Memory Care) 2:00 Quarter BINGO!
9:30 Devotions (Memory Care) 10:30 Coffee & Chat (Memory Care) 2:00 Resident Devotional Hour	9:15 Meeting of the Mugs 10:00 Chair Exercise 11:00 Walking Club with Memory Care 1:00 Whitefish Art Show 1pm-3pm 6:30 Quarter BINGO	Judy S Birthday 9:45 Chair Exercise 10:30 Catholic Communion 11:00 Walking Club with Memory Care 1:00 Forklift Racing Spark Performance 2:00 Happy Hour 3:00 Cards - 500 3:15 Welcome Meeting	9:15 Daily Devotionals 10:00 Chair Exercise 10:45 Stretch & Strength Yoga 1:00 Mayday Baskets with Crosslake Kids 1:00 Spring Senior Lifesaving: Lifeguard Certification 2:00 Manicures with Patty in Northwoods Fitness 2:30 AA Meeting 3:30 Mission of the Cross - Bible Study	10:00 Chair Exercise 11:00 Hymn Sing 1:00 Axe Throwing 2:00 Seasons of Change Support Group in Northwoods Fitness 3:00 Forklift Racing Practice with Highland Flyers	10:00 Fun Friday Exercise 11:00 Walking Club with Memory Care 1:00 Really Big Show 2:00 Food Council 3:00 Cards - 500 6:00 Friday Night at the Movies (Fireside Lounge)	9:15 Senior Expo 1st Bus Trip 10:15 Senior Expo 2nd Bus Trip 11:15 Senior Expo Final Trip 2:00 Quarter BINGO!
9:30 Devotions (Memory Care) 10:30 Coffee & Chat (Memory Care) 2:00 Resident Devotional Hour	9:15 Meeting of the Mugs 10:00 Chair Exercise 11:00 Walking Club with Memory Care 1:00 Farkle Dice Game 2:00 Butterfly Craft 6:30 Quarter BINGO	9:45 Chair Exercise 10:30 Catholic Communion 11:00 Walking Club with Memory Care 1:00 Forklift Racing Spark Performance 2:00 Happy Hour Birthday Party - Music with Mike & Jan 3:00 Cards - 500	PLEASE NOTE THAT THE SCHEDULE IS SUBJECT TO CHANGE.	Aging Magnificently Theme: Rainy Day Escapades		Any Activity that is Highlighted GREEN has a sign-up form at the front desk.

WHITEFISH AT THE LAKES | 35625 OSTLUND AVENUE | CROSSLAKE, MN 56442 | 218-210-0770

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