



Whitefish
at the Lakes
A Lifespark Community

APRIL

Memory Care

Building Strength, Purpose and Belonging

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:15 Live Feed Animals with Linked Senior 10:30 Chair Exercise 11:00 Walking Club with Assisted Living 12:00 Linked Senior 12:30 Oshibori 2:00 Puzzles 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	18:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Remember When with Linked Senior 10:30 Catholic Communion (Bistro) 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:00 Courtyard Bean Bag Toss 3:15 Ice Cream Social 4:00 Balloon Ball 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	28:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Linked Senior Sensory Game 10:30 Weekly Outing 12:30 Oshibori 2:15 Manicures 3:00 Snack Break & Reminisce 4:00 Balloon Ball 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	48:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Live Music with Linked Senior 10:00 Hymn Sing with Jean 11:00 Dice Games 12:30 Oshibori 2:15 Hand & Shoulder Massages 3:15 Fresh Cookie Social 4:00 Balloon Ball 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	58:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Devotions (Memory Care) 10:30 Creative Arts 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:15 Trivia with Linked Senior 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Friday night at the Movies	68:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Stretch & Strength Yoga (Northwoods Fitness) 10:30 Coffee & Chat 11:00 Hymn Music with Linked Senior 12:30 Oshibori 2:00 Table Games 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network
8:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Devotions (Memory Care) 10:30 Coffee & Chat 11:15 Games with Linked Senior 12:30 Oshibori 2:15 Creative Arts with Linked Senior 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	78:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:15 Live Feed Animals with Linked Senior 10:30 Chair Exercise 11:00 Walking Club with Assisted Living 12:00 Linked Senior 12:30 Oshibori 2:00 Puzzles 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	98:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Remember When with Linked Senior 10:30 Catholic Communion (Bistro) 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:00 Courtyard Relaxing 3:15 Ice Cream Social 4:00 Balloon Ball 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	108:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Linked Senior Sensory Game 10:30 Weekly Outing 12:30 Oshibori 2:15 Bowling/Golfing Game 3:00 Snack Break & Reminisce 4:00 Balloon Ball 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	Judy P Birthday 8:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Live Music with Linked Senior 10:00 Hymn Sing with Jean 11:00 Dice Games 12:30 Oshibori 2:15 Hand & Shoulder Massages 3:15 Fresh Cookie Social 4:00 Balloon Ball 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	118:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Devotions (Memory Care) 10:30 Creative Arts 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:15 Trivia with Linked Senior 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Friday night at the Movies	138:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Stretch & Strength Yoga (Northwoods Fitness) 10:30 Coffee & Chat 11:00 Hymn Music with Linked Senior 12:30 Oshibori 2:00 Table Games 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network
148:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Devotions (Memory Care) 10:30 Coffee & Chat 11:15 Games with Linked Senior 12:30 Oshibori 2:15 Manicures 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	158:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:15 Live Feed Animals with Linked Senior 10:30 Chair Exercise 11:00 Walking Club with Assisted Living 12:00 Linked Senior 12:30 Oshibori 2:00 Puzzles 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	168:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Remember When with Linked Senior 10:30 Catholic Communion (Bistro) 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:00 Courtyard Bean Bag Toss 3:15 Ice Cream Social 4:00 Balloon Ball 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	178:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Linked Senior Sensory Game 10:30 Weekly Outing 12:30 Oshibori 2:15 Manicures 3:00 Snack Break & Reminisce 4:00 Balloon Ball 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	188:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Live Music with Linked Senior 10:00 Hymn Sing with Jean 11:00 Dice Games 12:30 Oshibori 2:15 Hand & Shoulder Massages 3:15 Fresh Cookie Social 4:00 Balloon Ball 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	198:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Devotions (Memory Care) 10:30 Creative Arts 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:15 Trivia with Linked Senior 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Friday night at the Movies	208:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Stretch & Strength Yoga (Northwoods Fitness) 10:30 Coffee & Chat 11:00 Hymn Music with Linked Senior 12:30 Oshibori 2:00 Table Games 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network
218:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Devotions (Memory Care) 10:30 Coffee & Chat 11:15 Games with Linked Senior 12:30 Oshibori 2:15 Creative Arts with Linked Senior 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	228:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:15 Live Feed Animals with Linked Senior 10:30 Chair Exercise 11:00 Walking Club with Assisted Living 12:00 Linked Senior 12:30 Oshibori 2:00 Puzzles 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	Judy S Birthday 8:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Remember When with Linked Senior 10:30 Catholic Communion (Bistro) 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:00 Courtyard Relaxing 3:15 Ice Cream Social 4:00 1:1 Interactions 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	238:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Linked Senior Sensory Game 10:30 Chair Exercise 12:30 Oshibori 2:15 Bowling/Golfing Game 3:00 Snack Break & Reminisce 4:00 1:1 Interactions 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	248:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Live Music with Linked Senior 10:00 Hymn Sing with Jean 11:00 Dice Games 12:30 Oshibori 2:15 Hand & Shoulder Massages 3:15 Fresh Cookie Social 4:00 1:1 Interactions 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	258:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Devotions (Memory Care) 10:30 Creative Arts 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:15 Trivia with Linked Senior 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Friday night at the Movies	278:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Stretch & Strength Yoga (Northwoods Fitness) 10:30 Coffee & Chat 11:00 Hymn Music with Linked Senior 12:30 Oshibori 2:00 Table Games 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network
288:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Devotions (Memory Care) 10:30 Coffee & Chat 11:15 Games with Linked Senior 12:30 Oshibori 2:15 Manicures 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	298:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:15 Live Feed Animals with Linked Senior 10:30 1:1 Interactions 11:00 Walking Club with Assisted Living 12:00 Linked Senior 12:30 Oshibori 2:00 Puzzles 3:00 Snack Break & Reminisce 4:00 Walk and Wheels 5:00 Oshibori 6:00 Oldies but Goodies 7:00 Game Show Network	308:00 Linked Senior: Joke of the Day 8:30 Daily Board 9:30 Remember When with Linked Senior 10:30 Catholic Communion (Bistro) 11:00 Walking Club with Assisted Living 12:30 Oshibori 2:00 Happy Hour Birthday Party - Music with Mike and Jan 3:15 Ice Cream Social 4:00 1:1 Interactions 5:00 Oshibori 6:00 Breathe and Stretch 7:00 Solitude Hour	PLEASE NOTE THAT THE SCHEDULE IS SUBJECT TO CHANGE.			

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

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