

April 2024

Social/Celebratory/Connecting
Spiritual/Mental Health
Creativity/Music/Culinary/Art
RUI FIT/Physical Activity
Lifelong/Sensory-Base Learning

Cognitive Fitness/Sensory
Outdoors/Nature/Gardening

Music/Entertainment

AT PASADENA						•
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jospan Coast to Coast As Adventure Areast the world Le word to	9:30 Soulful Sounds, AR 10:00 History of Earth Day, CY 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Chair Dancing, KL 3:30 Music with Mike Boyd, KL 3:30 The art of Baking: Irish Soda Bread,, AR 6:30 On This Day, AR	9:30 Morning Meditation, AR 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Weight Training, KL 3:30 Significance of the Cherry Blossom, CY 6:30 Trivia and Tea, AR	10:00 Spirituality with Susan, AR 10:30 Ooh La Las Singing Club, KL 11:00 RUI FIT Morning Stretch, KL * 2:00 Cardio Drumming- Drumming, KL 3:30 Exploring Apps: 6:30 Armchair Travels: Ireland's Coast, AR	10:30 10 Things to know about Cherry Blossoms 11:00 RUI FIT Morning Stretch, KL * 2:00 Chair One, KL 3:30 Whiteboard Challenge, AR 7:00 Woosah, AR	10:00 Friday Matinee: TH 10:30 Gardening Club, CY 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Chair Dancing, KL 3:00 Japanese Pictionary 3:30 TGIF Happy Hour, AR 6:30 Sing Along to Classics, AR	9:30 Morning Affirmations, AR 10:30 Sit & Be Fit, KL 1:30 Coffee & Trivia, AR 3:30 Cup Pong, AR 4:30 Classic Literature Review, AR 6:30 Sunset on the Bay, D
7	· ·	Ramadan Ends 9	10	11	12	13
10:00 Nondenominational Service, A 11:00 RUI FIT: Game Day- Basketball 2:00 Sunday Stretch, KL 3:30 Garden Club, CY 3:30 Thankful Poetry, AR	9:30 Soulful Sounds, AR 10:00 History of Earth Day, CY 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Chair Dancing, KL 3:30 The art of Baking: Irish Soda Bread,, AR 6:30 On This Day, AR 8:00 Final Four Game	2:00 RUI FIT: Weight Training, KL 3:30 Significance of the Cherry Blossom, CY 6:30 Trivia and Tea, AR	10:00 Spirituality with Susan, AR 10:30 Ooh La Las Singing Club, KL 11:00 RUI FIT Morning Stretch, KL * 2:00 Cardio Drumming- Drumming, KL 3:30 Exploring Apps: 6:30 Armchair Travels: Ireland's Coast, AR	11:00 RUI FIT Morning Stretch, KL * 12:00 Haiku Poetry, AR 2:00 Chair One, KL 3:30 Whiteboard Challenge, AR 7:00 Woosah, AR	10:00 Friday Matinee: TH 11:00 RUI FIT Morning Stretch, KL * 1:00 Shamrock Scavenger Hunt, CY 2:00 RUI FIT: Chair Dancing, KL 3:30 TGIF Happy Hour, AR 6:30 Sing Along to Classics, AR	9:30 Morning Affirmations, AR 10:30 Sit & Be Fit, KL 1:30 Coffee & Trivia, AR 3:30 Cup Pong, AR 4:30 Classic Literature Review, AR 6:30 Sunset on the Bay, D
14 10:00 Nondenominational Service, A 11:00 RUI FIT: Game Day- Basketball 2:00 Sunday Stretch, KL 3:30 Garden Club, CY 3:30 Thankful Poetry, AR	9:30 Soulful Sounds, AR 10:00 History of Earth Day, CY 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Chair Dancing, KL 3:30 The art of Baking: Irish Soda Bread,, AR 6:30 On This Day, AR	9:30 Morning Meditation, AR 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Weight Training, KL 3:30 Significance of the Cherry Blossom, CY 6:30 Trivia and Tea, AR	17 10:00 Spirituality with Susan, AR 10:30 Ooh La Las Singing Club, KL 11:00 RUI FIT Morning Stretch, KL* 1:30 Jazzy Tunes with Roger Harrison, A J 2:00 Cardio Drumming- Drumming, KL 3:30 Exploring Apps: 6:30 Armchair Travels: Ireland's Coast, AR	18 11:00 RUI FIT Morning Stretch, KL * 11:30 , KL 2:00 Chair One, KL 3:30 Whiteboard Challenge, AR 7:00 Woosah, AR	19 10:00 Friday Matinee: TH 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Chair Dancing, KL 3:30 TGIF Happy Hour, AR 6:30 Sing Along to Classics, AR	9:30 Morning Affirmations, AR 10:30 Sit & Be Fit, KL 1:30 Coffee & Trivia, AR 3:30 Cup Pong, AR 4:30 Classic Literature Review, AR 6:30 Sunset on the Bay, D
10:00 Nondenominational Service, A 11:00 RUI FIT: Game Day- Basketball 2:00 Sunday Stretch, KL 3:30 Garden Club, CY 3:30 Thankful Poetry, AR	Passover Begins, Earth Day 9:30 Soulful Sounds, AR 10:00 History of Earth Day, CY 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Chair Dancing, KL 3:30 The art of Baking: Irish Soda Bread,, AR 6:30 On This Day, AR	11:00 RUI FIT Morning Stretch,	10:00 Spirituality with Susan, AR 10:30 Ooh La Las Singing Club, KL 11:00 RUI FIT Morning Stretch, KL * 1:30 Music with Penny, AR J 2:00 Cardio Drumming- Drumming, KL 3:30 Exploring Apps: 6:30 Armchair Travels: Ireland's Coast, AR	10:30 Cherry Blossom Tour, AR (Virtual) 11:00 RUI FIT Morning Stretch, KL * 2:00 Chair One, KL 3:30 Whiteboard Challenge, AR 7:00 Woosah, AR	10:00 Friday Matinee: TH 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Chair Dancing, KL 3:30 TGIF Happy Hour, AR 6:30 Sing Along to Classics, AR	9:30 Morning Affirmations, AR 10:30 Sit & Be Fit, KL 1:30 Coffee & Trivia, AR 3:30 Cup Pong, AR 4:30 Classic Literature Review, AR 6:30 Sunset on the Bay, D
10:00 Nondenominational Service, A 11:00 RUI FIT: Game Day- Basketball 2:00 Sunday Stretch, KL 3:30 Garden Club, CY 3:30 Thankful Poetry, AR	9:30 Soulful Sounds, AR 10:00 History of Earth Day, CY 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Chair Dancing, KL 3:30 The art of Baking: Irish Soda Bread,, AR 6:30 On This Day, AR	Passover Ends 9:30 Morning Meditation, AR 11:00 RUI FIT Morning Stretch, KL * 2:00 RUI FIT: Weight Training, KL 3:30 Significance of the Cherry Blossom, CY 6:30 Trivia and Tea, AR	Hair appointments can be scheduled through our website. Click on our community, select Luxe Unlimited and choose the service that you would like! It's just that easy!	Activity Room: AR Key Largo: KL Dining Room: DR Auditorium: A Movie Theatre: TH Dock: D	Taste of RUI Dining Room Hours: Breakfast: 8-9 Lunch: 12-1 Dinner: 5-6 Snacks are always available.	Please remember we have Autumn, our RUI FIT Coach, available for private sessions. Please reach out to her if you would like to schedule an appointment!