

# THE East



# April

**MIKAYLA OFFICE HOURS  
IN LOUNGE: 9AM-11AM  
(WHEN ON SITE)**

TO RECEIVE THIS CALENDAR  
BY EMAIL, PLEASE CONTACT  
mikayla.brumels@arlingtontx.gov

- REQUIRES AQUA PUNCH
- REQUIRES REC PASS
- REQUIRES REGISTRATION AT FRONT DESK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>8:30 Senior Fit </p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Uno Hour</p>	<p style="text-align: right;">4</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Bingo with Edward Jones Investments ★</p>	<p style="text-align: right;">5</p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Pilates </p> <p>10:00 Independent Therapy </p> <p>11:00 Lunch with Bethesda Gardens ★</p> <p>11:30 Lunch</p>	<p style="text-align: right;">6</p> <p>9:00 DAY TRIP - Fort Worth Japanese Gardens ★</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Birthday Month Celebration</p>	<p style="text-align: right;">7</p> <p>MEALS ON WHEELS CLOSED FOR GOOD FRIDAY</p> <p>10:00 Independent Therapy</p> <p>2:00 Facility Closed</p>
<p style="text-align: right;">10</p> <p>8:30 Senior Fit </p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>11:30 Nutrition Education</p> <p>12:00 Uno Hour</p>	<p style="text-align: right;">11</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Q-Tip Painted Lavender Craft with MiKayla ★</p>	<p style="text-align: right;">12</p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Pilates </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Financial Exploitation Prevention with Chase Bank ★</p>	<p style="text-align: right;">13</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 "Don't Say It" Game</p>	<p style="text-align: right;">14</p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy </p> <p>11:00 Food Pantry ★</p> <p>11:30 Lunch</p> <p>12:30 Bingo &amp; Mingle ★</p>
<p style="text-align: right;">17</p> <p>8:30 Senior Fit </p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Uno Hour</p> <p>1:00 Movie Monday - Christopher Robin (2018) ★</p>	<p style="text-align: right;">18</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Craft with VIP Care ★</p>	<p style="text-align: right;">19</p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Pilates </p> <p>10:00 Independent Therapy </p> <p>10:00 Activity with Bethesda Gardens Residents!</p> <p>11:30 Lunch</p>	<p style="text-align: right;">20</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Afternoon Trivia</p>	<p style="text-align: right;">21</p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy</p> <p>11:30 Lunch</p> <p>4:00 Senior Prom ★ </p>
<p style="text-align: right;">24</p> <p>8:30 Senior Fit </p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Uno Hour</p>	<p style="text-align: right;">25</p> <p>9:00 DAY TRIP - Dallas Arboretum ★</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Bingocize with Sixty &amp; Better ★</p>	<p style="text-align: right;">26</p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Pilates </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Educational Workshop with Oak Street Health</p>	<p style="text-align: right;">27</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Popcorn Charades</p>	<p style="text-align: right;">28</p> <p><i>Wear your favorite team's colors!</i></p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:30 Bingo &amp; Mingle ★</p>
<p style="text-align: right;">1</p> <p>8:30 Senior Fit </p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Uno Hour</p>	<p style="text-align: right;">2</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p>	<p style="text-align: right;">3</p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Pilates </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p>	<p style="text-align: right;">4</p> <p>9:00 Breakfast</p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p>	<p style="text-align: right;">5</p> <p>8:30 Senior Fit </p> <p>9:00 Breakfast</p> <p>9:30 Chair Yoga </p> <p>10:00 Independent Therapy </p> <p>11:30 Lunch</p> <p>12:00 Birthday day Month Celebration</p>