






















All activities will be in the dining room unless otherwise noted.

Valley View Heights April 2019

Daily Meal Times
 Continental Breakfast 7:00-9:00 am
 Dinner 11:30-12:30 pm
 Coffee Time 2:30 pm
 Supper 5:00 - 6:00pm

Note: MSLCC = Missouri Slope Lutheran Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 U Mary Action Group - 3:00 Bingo – 6:15	2 Scheduled Transportation Bible Study – 10:00 Activity Room Bake Peanut Butter & Jelly Cookies – 2:00 Activity Room  Bruce Eleanor	3 Scheduled Transportation Lenten Worship – 9:00 Chapel Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Spring Tea – 2:00	4 Shopping: Target - 9:00  Country Drive – 2:00	5 Shopping: Dan's - 9:00 Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games – 2:00	6 Music with Jim Geiger – 2:00 
7 Catholic Communion – 9:15 Chapel  Ecumenical Worship with Holy Communion – 1:30 Chapel	8 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Bingo – 2:00 	9 Scheduled Transportation  Bible Study – 10:00 Activity Room Wellness Checks – 1:00-2:00 Med Room  Music with Gaylynn Becker – 2:00	10 Scheduled Transportation Lenten Worship – 9:00 Chapel Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Family Feud – 2:00	11 Shopping: Kmart - 9:00 Stories from Africa with Diane and Jim – 2:00 	12 Shopping: Dan's – 9:00 Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Cards & Games – 2:00	13 Movie: "Patch Adams" – 2:00 
14  Catholic Communion – 9:15 Chapel Ecumenical Worship – 1:30 Chapel	15 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Nails – 2:00 Activity Room 	16 Scheduled Transportation Bible Study – 10:00 Activity Room  Color Easter Eggs – 2:00	17 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Cheeseball Social - 2:00  John	18 Maundy Thursday Worship – 9:00 Chapel Coffee with Kaitlyn – 10:00 Activity Room  Make Easter Table Favors - 2:00 Activity Room	19 Good Friday Worship – 9:00 Chapel Exercise – 10:00 Exercise Area Shopping: Dan's – 12:30 ASPIRE Exercise Class- 1:30 Cards & Games – 2:00	20 Movie: "Easter Parade" – 2:00 
21 Happy Easter! Catholic Communion – 9:15 Chapel Ecumenical Worship – 1:30 Chapel 	22 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Laugh! with Lenette Momerak – 2:00  lone O.	23 Scheduled Transportation Bible Study – 10:00 Activity Room Bingo – 2:00 	24 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Taste & Tour of Peru - 2:00	25 Shopping: Target – 9:00  Monthly Birthday Party with Dwight Froelich – 2:00	26 Shopping: Dan's – 9:00 Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games – 2:00	27 Music with Bernie Neibauer – 2:00  Ethel
28 Catholic Communion – 9:15 Chapel Ecumenical Worship – 1:30 Dining Room 	29 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Decorate a Derby Hat – 1:00-3:30 Activity Room "Tuba Four" Low Brass Ensemble – 6:15	30 Scheduled Transportation Bible Study – 10:00 Activity Room Make Derby Treats – 2:00 Activity Room 	 Kentucky Derby Week April 29-May 2 Celebrate the "Run for the Roses" with mint juleps, derby hats, Kentucky hot brown sandwiches, and of course, horse races! 		Catholic Services are available at Missouri Slope Chapel each Thursday: 9:30 Rosary 10:00 Mass 