

# APRIL

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>Color Key</b> Activities are available for all residents. However, different activities are directed towards specific campus groups. ■ = The Springs Wellness Center Members ■ = Campus Wide</p>	<p><i>All classes and activities are subject to change without notice.</i> <i>Indicates activities you must sign up for in advance</i> \$ = Additional fees apply</p>	<p>1 9:00- Gentle Yoga with Erin (Video Based) 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Chair Yoga (Studio C) 3:00- Mindfulness Meditation (Studio C) <b>Campus Wide</b> Daily Devotion</p>	<p>2 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Senior strength (Studio C) 3:00- Senior Balance (Studio C) <b>Campus Wide</b> Movie/Snacks</p>	<p>3 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Chair Yoga (Studio C) 3:00- Mindfulness Meditation (Studio C) <b>Campus Wide</b> Current Events</p>
<p>6 9:00-3:00- Luminosity Brain Games (Studio A) 9:00-10:00- Sole Mates Walking Club <b>Campus Wide</b> Ice Cream Social</p>	<p>7 9:00-3:00- Luminosity Brain Games (Studio A) 9:00-10:00- Sole Mates Walking Club 10:00- Senior strength (Studio C) 3:00- Senior balance (Studio C) <b>Campus Wide</b> Explore America</p>	<p>8 9:00- Gentle Yoga with Erin (Video Based) 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Chair Yoga (Studio C) 3:00- Mindfulness Meditation (Studio C) <b>Campus Wide</b> Daily Devotions</p>	<p>9 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Senior strength (Studio C) 3:00- Senior Balance (Studio C) <b>Campus Wide</b> Movie/Snack</p>	<p>10 9:00-3:00- Luminosity Brain Games (Studio A) 9:30- Sunny Side Up*\$ 10:00- Chair Yoga (Studio C) 3:00- Mindfulness Meditation (Studio C) <b>Campus Wide</b> Current Events  <b>Good Friday</b></p>
<p>13 9:00-3:00- Luminosity Brain Games (Studio A) 9:00-10:00- Sole Mates Walking Club <b>Campus Wide</b> Ice Cream Social</p>	<p>14 9:00-3:00- Luminosity Brain Games (Studio A) 9:00-10:00- Sole Mates Walking Club 10:00- Senior strength (Studio C) 3:00- Senior balance (Studio C) <b>Campus Wide</b> Explore America w/trail mix</p>	<p>15 9:00- Gentle Yoga with Erin (Video Based) 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Chair Yoga (Studio C) 3:00- Mindfulness Meditation (Studio C) <b>Campus Wide</b> Daily Devotion</p>	<p>16 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Senior strength (Studio C) 11:45am—Harbor Lunch *\$ 3:00- Senior Balance (Studio C) <b>Campus Wide</b> Movie/Snacks</p>	<p>17 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Chair Yoga (Studio C) 3:00- Mindfulness Meditation (Studio C) <b>Campus Wide</b> Current Events</p>
<p>20 9:00-3:00- Luminosity Brain Games (Studio A) 9:00-10:00- Sole Mates Walking Club <b>Campus Wide</b> Ice Cream Social</p>	<p>21 9:00-3:00- Luminosity Brain Games (Studio A) 9:00-10:00- Sole Mates Walking Club 10:00- Senior strength (Studio C) 3:00- Senior balance (Studio C) <b>Campus Wide</b> Explore America w/trail mix</p>	<p>22 9:00- Gentle Yoga with Erin (Video Based) 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Senior strength (Studio C) 3:00- Senior Balance (Studio C) <b>Campus Wide</b> Daily Devotion</p>	<p>23 9:00-3:00- Luminosity Brain Games (Studio A) 10:00- Chair Yoga (Studio C) 3:00- Mindfulness Meditation (Studio C) <b>Campus Wide</b> Movie/Snacks</p>	<p>24 9:00-3:00- Luminosity Brain Games (Studio A) 9:30- Sunny Side Up*\$ 10:00- Chair Yoga (Studio C) 3:00- Mindfulness Meditation (Studio C) <b>Campus Wide</b> Current Events</p>
<p>27 9:00-3:00- Luminosity Brain Games (Studio A) 9:00-10:00- Sole Mates Walking Club <b>Campus Wide</b> Ice Cream Social</p>	<p>28 9:00-3:00- Luminosity Brain Games (Studio A) 9:30- Sunny Side Up*\$ <b>Campus Wide</b> Explore America w/trail mix</p>	<p>29 9:00- Gentle Yoga with Erin (Video Based) 9:00-3:00- Luminosity Brain Games (Studio A) 9:30- Sunny Side Up*\$ <b>Campus Wide</b> Daily Devotion</p>	<p>30 9:00-3:00 Luminosity Brain Games (Studio A) 10:00- Senior strength (Studio C) 3:00- Senior balance (Studio C) <b>Campus Wide</b> Movie/Snacks</p>	<p><b>BETHANY</b>  The Best Care. Always.   EQUAL HOUSING OPPORTUNITY</p>

**Erin Helgeson: Wellness & Outreach Coordinator 715-942-9322**

**The Springs membership fees and assessment evaluation are required to participate in wellness classes.  
Some classes are open to the public.**

**Sunny Side Up**

Enjoy conversation while Erin cooks you a hearty breakfast in The Springs Wellness Kitchen on 4/10 & 4/24  
You must sign up by 11am Thursday with Erin. The cost is \$5 for Springs members and \$10 if you are not a Springs member.

**Luminosity  
Brain Games**

Every day 9am-3pm come in and use our iPads- play games, check your email, search the web, etc. The iPads are also available for afterhours checkout. See Erin if interested.

**Gentle Yoga with Erin**

Wednesdays at 9am in Studio C.

**Sole Mates**

A walking club for men and women.  
Join Erin Mondays!

**Lunch at Harbor Bar**

Let's celebrate the opening of Clearwater Harbor Bar on Thursday, April 16th by going there for lunch! Meet outside of The Springs at 11:45am. Free transportation for Springs Members.  
Sign up with Erin.

**Reiki with April**

Please contact April at (715)340-1446 to schedule an appointment.

**Poema Massage  
And Bodywork**

Please contact Kassie Poye at (920) 221-8660 to schedule an appointment. Massages are by appointment only.

