

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AS - Art Studio CR - Card Room CH 1901 - Channel 1901 FC - Fitness Center GH - Glen Hall PDR - Lake Superior Private Dining Room NE - North Entrance NL - Northwoods Lounge The Bar - The Bar		April Fool's Day 6:00 AM - 7:00 PM 1 Election day - Consolidated Primary Election (GH) 9:00 AM Aquacise (FC) 9:00 AM Video: Strength and Balance with Jorge (Video on Channel1901) 10:00 AM Trader Joe's & Walgreens (NE) 10:00 AM Video: Strength and Balance with Jorge (Video on Channel1901) 10:30 AM Art Classes (AS) 2:00 PM Cribbage (AS) 3:30 PM Line Dancing is Cancelled (GH) 7:30 PM Poker Night (NL)	9:00 AM Aquacise (FC) 2 9:00 AM Seated Cardio with Jorge (Glen Hall or live on channel 1901) 10:30 AM Body & Brain Yoga Tai Chi (GH) 12:30 PM New Yorker Discussion Group (CR) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 3:00 PM Elliott Gordon presents Personal Clips and Anecdotes of Hollywood Finest (Glen Hall on Zoom) 4:30 PM Cocktail Hour and Sing Along with Vi resident pianist Fran Stephens (The Bar) 8:00 PM Marina Hoover, cellist and Kuang Hao Huang, pianist "Beethoven Debussy Spanishworks" (GH)	9:00 AM Aquacise (FC) 3 9:00 AM Standing Cardio (Glen Hall or live on channel 1901) 10:00 AM Sunset Foods Grocery Shopping (Meet at the North Entrance) 10:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 10:30 AM Lyric Opera "La Boheme" * (Meet at North Entrance) 1:00 PM Ceramics (AS) 4:00 PM Improv (GH) 7:30 PM Great Decisions with Julie Strauss, Ph.D. "U.S. - China Relations" (GH)	9:00 AM Aquacise (FC) 4 9:00 AM Sit and Be Fit with Jorge (Glen Hall or live on channel 1901) 10:00 AM VIDEO: Sit and Be Fit with Jorge (CH 1901) 10:30 AM Chicago Symphony Orchestra Concert: Canellakis Conducts Rachmaninov* (Meet at North Entrance) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901)	9:00 AM Transportation Shuttle (Meet at North Entrance) 10:00 AM Saturday morning Gentle Yoga with Kathy (GH) 2:00 PM Rummikub Game (GH) 8:00 PM Entertainment by Vince Micari Trio (GH)
9:00 AM Video: Cardio Brains and Brawn Workout (Ch 1901) 6 10:00 AM Video: Cardio Brains and Brawn Workout (Ch 1901) 11:00 AM Video: Tai Chi with Randy (CH 1901) 11:30 AM -2:00 PM Sunday Brunch (Great Lakes) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 7:00 PM Glen Hall Movie Night "Wicked" (GH)	9:00 AM Aquacise (FC) 7 9:00 AM Standing Cardio (Glen Hall or live on channel 1901) 10:00 AM Talking Books Club "All the Galant Man" (CR) 10:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 11:00 AM Gentle Yoga Mondays (GH) 1:00 PM Duplicate Bridge* (GH) 4:00 PM Vi Chorus (GH)	OLPH Donation Day 8 9:00 AM Aquacise (FC) 9:00 AM Strength and Balance (Glen Hall or live on channel 1901) 10:00 AM Jewel - Grocery Shopping (NE) 10:00 AM Video: Strength and Balance with Jorge (Video on Channel1901) 10:30 AM Art Classes (AS) 11:00 AM Banned Book Club (GH) 3:00 PM Beginner Line Dancing Class (GH) 3:30 PM Line Dancing (GH) 7:30 PM Poker Night (NL)	9:00 AM Aquacise (FC) 9 9:00 AM Seated Cardio with Jorge (Glen Hall or live on channel 1901) 10:30 AM Body & Brain Yoga Tai Chi (GH) 11:00 AM Parkinson's Support Group (CR) 2:00 PM Historian Myra Loris presents: "America at Its Best" (GH) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 3:30 PM Vi Garden Club "Start of Season" Planning Meeting (GH) 4:30 PM Cocktail Hour and Sing Along with pianist John Hopkins (The Bar)	9:00 AM Aquacise (FC) 10 9:00 AM Standing Cardio (Glen Hall or live on channel 1901) 10:00 AM Mariano's Grocery Shopping (Meet at the North Entrance) 10:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 11:30 AM Post Austen Book Club "A Fine Balance" (CR) 1:00 PM Ceramics (AS) 4:00 PM Improv (GH)	9:00 AM Aquacise (FC) 11 9:00 AM Sit and Be Fit with Jorge (Glen Hall or live on channel 1901) 10:00 AM VIDEO: Sit and Be Fit with Jorge (CH 1901) 10:00 AM "Frida Kahlo's Month in Paris"* (Meet at the North Entrance) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 2:00 PM Wellness Presentation: Parkinson's Disease: Understanding Causes, Care and Research (GH)	12 10:00 AM Saturday morning Gentle Yoga with Kathy (GH) 2:00 PM Rummikub Game (GH)

April 2025

Information subject to change. *Requires a ticket and/or reservation.



Living Well

MIND • BODY • SPIRIT

SUN	MON	TUE	WED	THUR	FRI	SAT
Palm Sunday Passover 9:00 AM Video: Cardio Brains and Brawn Workout (Ch 1901) 10:00 AM Video: Cardio Brains and Brawn Workout (Ch 1901) 11:00 AM Video: Tai Chi with Randy (CH 1901) 11:30 AM -2:00 PM Sunday Brunch (Great Lakes) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 3:30 PM Trivia Sunday with Robert Liburdy followed by Sunday Supper* (GH)	9:00 AM Aquacise (FC) 9:00 AM Standing Cardio (Glen Hall or live on channel 1901) 10:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 10:00 AM Memoirs (The Card Room) 11:00 AM Gentle Yoga Mondays (GH) 1:00 PM Duplicate Bridge* (GH) 4:00 PM Vi Chorus (GH)	Tax Day 8:30 AM Wellness Event: Covid-19 Booster and RSV Vaccination Clinic (GH) 9:00 AM Aquacise (FC) 9:00 AM Video: Strength and Balance with Jorge (CH 1901) 10:00 AM Trader Joe's & Walgreens (NE) 10:00 AM Video: Strength and Balance with Jorge (Video on Channel1901) 10:30 AM Art Classes (AS) 2:00 PM Cribbage (AS) 3:00 PM Beginner Line Dancing Class (GH) 3:30 PM Line Dancing (GH) 7:30 PM Poker Night (NL)	9:00 AM Aquacise (FC) 9:00 AM Seated Cardio with Jorge (Glen Hall or live on channel 1901) 10:30 AM Body & Brain Yoga Tai Chi (GH) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 3:00 PM Lynne Samuels Current Events (GH) 5:30 PM Chefs' Table* (PDR)	9:00 AM Aquacise (FC) 9:00 AM Standing Cardio (Glen Hall or live on channel 1901) 10:00 AM Heinen's - Grocery Shopping (Meet at the North Entrance) 10:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 1:00 PM Ceramics (AS) 2:00 PM Tech Talk with Scott "iPhone 101" (Theater) 4:00 PM Improv (GH)	Good Friday 9:00 AM Aquacise (FC) 9:00 AM Sit and Be Fit with Jorge (Glen Hall or live on channel 1901) 10:00 AM VIDEO: Sit and Be Fit with Jorge (CH 1901) 10:30 AM Chicago Symphony Orchestra Concert: Mahler 7 with Jaap van Zweden* (Bus departs at 10:30 am from the North Entrance) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901)	9:00 AM Transportation Shuttle (Meet at North Entrance) 10:00 AM Saturday morning Gentle Yoga with Nancy (GH) 2:00 PM Rummikub Game (GH)
Easter 9:00 AM Video: Cardio Brains and Brawn Workout (Ch 1901) 10:00 AM Video: Cardio Brains and Brawn Workout (Ch 1901) 11:00 AM Video: Tai Chi with Randy (CH 1901) 11:30 AM -2:00 PM Sunday Brunch (Great Lakes) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901)	9:00 AM Aquacise (FC) 9:00 AM Standing Cardio (Glen Hall or live on channel 1901) 10:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 10:30 AM Movie Discussion "Atonement" (CR) 11:00 AM Gentle Yoga Mondays (GH) 1:00 PM Duplicate Bridge* (GH) 4:00 PM Vi Chorus (GH) 7:30 PM Current Events Discussion Group (GH)	Earth Day OLPH Donation Day 9:00 AM Aquacise (FC) 9:00 AM Strength and Balance (Glen Hall or live on channel 1901) 10:00 AM Jewel - Grocery Shopping (NE) 10:00 AM Video: Strength and Balance with Jorge (Video on Channel1901) 10:30 AM Art Classes (AS) 3:00 PM Beginner Line Dancing Class (GH) 3:30 PM Line Dancing (GH) 7:30 PM Poker Night (NL)	9:00 AM Aquacise (FC) 9:00 AM Seated Cardio with Jorge (Glen Hall or live on channel 1901) 10:30 AM Body & Brain Yoga Tai Chi (GH) 11:00 AM Hearing Loss Support Group (CR) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 3:00 PM Chocolate Around the World: A Delicious Global Tour with Marcie Handler* (GH) 7:00 PM Picturehouse 441 Live Q&A with writer/director Paul Feig of the 2015 film "SPY" (Zoom) 8:00 PM Monthly Game Night "BINGO" * (GH)	9:00 AM Aquacise (FC) 9:00 AM Standing Cardio (Glen Hall or live on channel 1901) 10:00 AM Jewel - Grocery Shopping (NE) 10:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 2:00 PM Vi Town Hall Meeting (GH) 4:00 PM Improv (GH)	9:00 AM Aquacise (FC) 9:00 AM VIDEO: Sit and Be Fit with Jorge (CH 1901) 10:00 AM VIDEO: Sit and Be Fit with Jorge (CH 1901) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901)	10:00 AM Saturday morning Gentle Yoga with Nancy (GH) 10:30 AM Transportation Shuttle (Meet at North Entrance) 11:00 AM AMC Theater MET Opera Live "Le Nozze di Figaro" * (Meet at North Entrance) 2:00 PM Non Fiction Book Club "Shadow of the Titanic" (CR) 2:00 PM Rummikub Game (GH)
9:00 AM Video: Cardio Brains and Brawn Workout (Ch 1901) 10:00 AM Video: Cardio Brains and Brawn Workout (Ch 1901) 11:00 AM Video: Tai Chi with Randy (CH 1901) 11:30 AM -2:00 PM Sunday Brunch (Great Lakes) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 3:00 PM International pianist, Lyudmyla Wasynetkaya (GH)	9:00 AM Aquacise (FC) 9:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 10:00 AM VIDEO- Standing Cardio with Jorge (CH 1901) 10:00 AM Memoirs (The Card Room) 11:00 AM Gentle Yoga Mondays (GH) 1:00 PM Duplicate Bridge* (GH) 4:00 PM Vi Chorus (GH)	9:00 AM Aquacise (FC) 9:00 AM Strength and Balance (Glen Hall or live on channel 1901) 10:00 AM Trader Joe's & Walgreens (NE) 10:00 AM Video: Strength and Balance with Jorge (Video on Channel1901) 10:30 AM Art Classes (AS) 1:30 PM Vi Book Club "Lucy by the Sea" (CR) 2:00 PM Cribbage (AS) 3:00 PM Beginner Line Dancing Class (GH) 3:30 PM Line Dancing (GH) 7:30 PM Poker Night (NL)	9:00 AM Aquacise (FC) 9:00 AM Seated Cardio with Jorge (Glen Hall or live on channel 1901) 10:30 AM Body & Brain Yoga Tai Chi (GH) 2:00 PM VIDEO: 1 Mile Walk Away the Pounds (CH 1901) 3:00 PM Wellness Presentation: Balance Strong Live Long Fall Prevention Program (GH)	LOCATION KEY AS - Art Studio CR - Card Room CH 1901 - Channel 1901 FC - Fitness Center GH - Glen Hall PDR - Lake Superior Private Dining Room NE - North Entrance	NL - Northwoods Lounge The Bar - The Bar	

April 2025

Information subject to change. *Requires a ticket and/or reservation.



Living Well

MIND • BODY • SPIRIT