



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Local Daily News Updates 10:30 Morning Massages 1:00 Bird walking Club <b>2:00 DIY: My Favorite Magic Trick</b> 3:00 Music Appreciation: <b>Bruce Springsteen</b> 6:00 Movie based on a true story  All Fools' Day	9:30 Shake it off Zumba. 10:30 Sound Meditation & Tea <b>1:00 Self Love</b> <b>Floral Arrangements</b> 2:00 DIY: My Own Healthy Smoothie <b>3:00 Hello, Spring Bingo!</b> 6:00 Romantic Comedy	9:30 Stationary Cycling 10:30 Paint with Friends: <b>World Famous Mountains</b> 1:00 YUM! Ultimate Peach Mocktails <b>2:00 Design My Own</b> <b>Outdoor Picture Frame</b> 3:00 Ted Talk & Tea Discussions 6:00 Classic Love Film  National Walking Day	9:30 Morning Meditation 10:30 Breathe Right Exercise <b>1:00 Soul Adventures:</b> <b>Neighborhood Library</b> <b>2:00 CityView Entertainer:</b> <b>Howie Levine</b> 6:00 Musical Theatre Movie  National Vitamin "C" Day	9:30 Morning Refreshments 10:30 Dance Aerobics 1:00 Admiring and Feeding Soul Birds <b>2:00 Freshly Crafted SOUL</b> <b>Blue Berry Cookies</b> 3:00 Card Game Tournament: Solitaire 6:00 Classic Television Marathon  National Love Our Children Day	9:30 Soul Daily News Update 10:30 Inhale & Exhale Affirmations 1:00 SOUL: Pen Pal Hour 2:00 Short Stories Book Club <b>3:00 Loving Our Beautiful Garden:</b> <b>Stone Family Painting</b> 6:00 Hollywood Blockbuster Movie
9:30 Power Up Hour 10:30 Sending Positive Blessings to All <b>1:00 Ultimate Sports Recap:</b> <b>NASCAR Cup Series</b> <b>-Martinsville, VA</b> <b>2:00 Delicious Lemon Custard Cups</b> 3:00 SOUL Ultimate Spa Day 6:00 "I Love Lucy" TV Series	9:30 Health-Focused Affirmations <b>10:30 Morning Facials</b> 1:00 Show & Tell: Animals We Love at the Zoo 1:00 Bird walking Club 2:00 Cream filled Zebra Cakes 3:00 Art Appreciation: <b>Guo Xi</b> 6:00 Movie Based on a true story  National Zoo Lover's Day	9:30 Soul Morning Affirmations 10:30 Pilates Workout <b>1:00 Soul Scavenger Hunt Part 2</b> 2:00 SOUL Pet Therapy: Play with Me! <b>3:00 Soul Outdoor Survival Tips:</b> <b>Skin Protection</b> 6:00 Romantic Comedy	9:30 Morning Meditation 10:30 Paint with Friends: <b>Yummy Desserts</b> 1:00 Funny Lucky Stories: Happy Memories <b>2:00 Holy Communion</b> 3:00 Tournament: HD Word Search 6:00 Classic Love Film  National Cinnamon Crescent Day	9:30 Stationary Cycling 10:30 Local News: Los Angeles <b>1:00 Poetry in the Courtyard</b> <b>2:00 Soul Adventures:</b> <b>Rodeo Dr. Scenic Drive</b> <b>5:00 CityView Entertainer:</b> <b>Manee Valentine</b> 6:00 Musical Theatre Movie  Nat'l Grilled Cheese Sandwich Day	9:30 Mindful Meditations 10:30 Aromatherapy Massage 1:00 Spiritual Listening 2:00 Grill Cheese Variety Cart <b>3:00 Card Game Tournament:</b> <b>Blackjack 21</b> 6:00 Classic Television Marathon  Nat'l Grilled Cheese Sandwich Day	9:30 Today's News & Early Bird Stretches 10:30 Soul Remembrance & Tea <b>1:00 April Horoscopes Discussion</b> 2:00 Sports Hour: Soul Bowling 3:00 Game Hour: Italian Cuisines 6:00 Hollywood Blockbuster Movie
9:30 Joint Therapy Massage 10:30 Sending Positive Blessings <b>1:00 Ultimate Sports Recap:</b> <b>NBA (National Basketball Association) Play Offs</b> 2:00 Springtime: Jelly Fruit Rolls 3:00 Volunteers Hour: How to help Plants Grow 6:00 "I Love Lucy" TV Series  National Gardening Day	9:30 Early Bird Stretches 10:30 Resistance Band Workout 11:00 Card Game: Goldfish <b>2:00 CityView Travel Day:</b> <b>France</b> 3:00 Music Appreciation: <b>Willie Nelson</b> 6:00 Movie Based on a true story  National Zoo Lover's Day	9:30 Breathe Right Exercise! 10:30 Aromatherapy Warm up. <b>1:00 Self Love</b> <b>Floral Arrangements</b> 2:00 Nourishing our Bodies: Hydration Hour <b>3:00 Chef Demo:</b> <b>Veggie Art</b> 6:00 Romantic Comedy  National Orchid Day	9:30 Morning Refreshments 10:30 Paint with Friends: <b>Little Animals</b> 1:00 SOUL Band: Beat of the Drums <b>2:00 HAPPY HOUR:</b> <b>Residents Birthday Celebration</b> 3:00 Craft Hour: Six Step How to Make a Sandwich 6:00 Classic Love Film  National Cinnamon Crescent Day	9:30 Soul Breakfast & Power Up Pilates Body Stretches 10:30 Orange Juice Smoothies <b>11:00 Vocal Exercise: Karaoke</b> <b>1:00 Soul Adventures:</b> <b>Neighborhood Walk</b> <b>2:00 CityView Entertainer:</b> <b>David Turner</b> <b>3:00 Brain Exercise: Jigsaw Puzzle</b> 6:00 Musical Theatre Movie  National Exercise Day	9:30 Inhale & Exhale Warm Up 10:30 Joint Therapy Massage <b>1:00 SOUL Tournament: Tennis</b> 2:00 Pictionary with Friends 3:00 Top 10 World Tallest Animals in the World 6:00 Classic Television Marathon	9:30 Breathe Right Yoga 10:30 Soul Breakfast Warm up. 1:00 Look-A-Like Memory Chair Game <b>2:00 Dessert Parlor:</b> <b>Strawberry Creme Turnovers</b> 3:00 SOUL Brain Teaser: HD Word Search 6:00 Hollywood Blockbuster Movie  National Look-A-Like Day
9:30 Mindful Meditation 10:30 Sending Positive Blessings to All <b>1:00 Ultimate Sports Recap:</b> <b>NBA (National Basketball Association) Play Offs</b> <b>2:00 Go Green, Be Green:</b> <b>Environment Talk</b> <b>3:00 Spring Cleaning: Personal Goals</b> 6:00 "I Love Lucy" TV Series	9:30 Aromatherapy Massage 10:30 Fab, Fit, Fun Workout <b>1:00 Lets Learn About Recycling:</b> <b>Saving Our Planet</b> <b>2:00 Studio Music Session w/Our</b> <b>Drumbeats &amp; Tambourines</b> 3:00 Art Appreciation: <b>Pierre Auguste Renoir</b> 6:00 Movie Based on a true story  Passover Begins Earth Day	9:30 Zen Friendship Yoga 10:30 Short Stories Book Club <b>1:00 SOUL Sing-Along Karaoke</b> <b>2:00 Soul Hoop Hour:</b> <b>Basketball Tournament</b> 3:00 Poems from The Heart 6:00 Romantic Comedy	9:30 Morning Warm Up 10:30 Soul Paint with Friends: <b>The 4 Seasons:</b> <b>Spring, Summer, Fall, Winter</b> <b>1:00 WELCOME:</b> <b>New Residents Happy Hour</b> 2:00 Holy Communion <b>3:00 DIY: Soul Fancy D'oeuvres</b> 6:00 Classic Love Film  Administrative Professionals Day Nat'l Pigs in a Blanket Day	9:30 Positive Morning Affirmations <b>10:30 Heart to Heart Hour</b> <b>1:00 Soul Adventures:</b> <b>Griffith Park Observatory</b> <b>2:00 CityView Entertainer:</b> <b>Sharon Scott</b> 3:00 SOUL Family Game Night: <b>Wheel Of Fortune</b> 6:00 Musical Theatre Movie  Arbor Day National Pretzel Day	9:30 Hand to Hand Meditation 10:30 Morning Refreshments 1:00 DIY: Personalized Flower Letters <b>2:00 Chef Demo:</b> <b>Pretzel Trail Mix</b> 3:00 Soul Friendship Bowling 6:00 Classic Television Marathon  Arbor Day National Pretzel Day	9:30 Early Bird Stretches 10:30 Bird watching Club. 1:00 Soul Pampered Hair Salon <b>2:00 Residents Pick:</b> <b>Snack Hour</b> 3:00 Soul Snack & Juice Bar 6:00 Hollywood Blockbuster Movie
9:30 Cheerful Morning Walk 10:30 Sending Positive Blessings to All <b>1:00 Ultimate Sports Recap:</b> <b>NBA (National Basketball Association) Play Offs</b> 2:00 Orange & Tangerines Snack Cart 3:00 Volunteers Tournament Hour: Who I'm I? Superhero Edition 6:00 "I Love Lucy" TV Series  National Superhero Day	9:30 Early Bird Stretches 10:30 Resistance Band Workout 11:00 Card Game: Prize Uno <b>2:00 Lets Boogie Dancing Hour:</b> <b>Show Me Your Moves</b> 3:00 Music Appreciation: <b>Stevie Nicks</b> 6:00 Movie Based on a true story.	9:30 Breathe Right Exercise! 10:30 Aromatherapy Warm up. <b>1:00 Self Love</b> <b>Floral Arrangements</b> 2:00 Nourishing our Bodies: Hydration Hour <b>3:00 My Very Own Soul Pet</b> 6:00 Romantic Comedy  National Adopt-A-Shelter-Pet Day	 <h2 style="text-align: center;">April 2024 CityView SOUL Calendar</h2>			