

# April 2019

## Activities & Event Calendar-Cottage



Spring Arbor of Greensboro \* 5125 Michaux Road \* Greensboro, NC 27410 \* (336) 286-6404 \* [www.springarborliving.com](http://www.springarborliving.com) \*  
 Lindsey Johnson, LRT/CTRS Cottage Programming Manager (336)613-6768 [gbcpm@hhhunt.com](mailto:gbcpm@hhhunt.com) \* Katy Lee, LRT/CTRS Cottage Activity Assistant [gbcawa@hhhunt.com](mailto:gbcawa@hhhunt.com) \*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: center;"><b>Please Remember that ALL activities are Subject to change. We will do our best to give you as much notice as possible!</b></p> <p style="text-align: center;"><b>Thanks, Lindsey &amp; Katy</b> Updated 3/25/19</p>	<p>9:00 Royal Treatment <b>1</b></p> <p>9:30 Singfit (C1)</p> <p>10:30 Music with Eric (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:15 Wise + Well: Tai Chi with Eric (AL WR)</p> <p>2:00 Let's Stuff Easter Eggs (B)</p> <p>2:30 Singfit (C2)</p> <p>3:00 Horticulture Therapy with Catherine (AL)</p> <p>6:00 Oaklevel Quartet Performs (AL)</p>	<p>National PB&amp;J Day <b>2</b></p> <p>9:00 Royal Treatment</p> <p>9:30 Stretch &amp; Smile (B)</p> <p>10:30 Bunny visits with Christie (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:00 Peanut Butter &amp; Jelly Sandwich Social (B C1)</p> <p>2:30 Wise + Well with Mickey (C2)</p> <p>3:00 Manicures with Katy &amp; Lindsey (B)</p> <p>6:00 Tuesday Tunes with Fredd (AL)</p> <p>6:15 Cottage Stories with Staff (B)</p>	<p>8:00 Walker &amp; Wheelchair Wash in 3 AL</p> <p>9:00 Royal Treatment</p> <p>9:30 Singfit (C1)</p> <p>10:30 Gardening in the Backyard (B)</p> <p>11:00 Wise + Well with Mickey (C2)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:45 Precious Moments Church Service (outing)</p> <p>2:30 Singfit (C2)</p> <p>3:00 Art from the Heart with Creative Aging Network (AL)</p> <p>6:15 Explore the IN2L (C1)</p> <p>6:15 Balloon Swat (C2)</p>	<p>9:00 Royal Treatment <b>4</b></p> <p>9:30 Stretch &amp; Smile (B)</p> <p>10:30 Bingo (C1)</p> <p>10:30 Tray Play (C2)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:30 Sing A Long with Nancy (AL)</p> <p>2:15 Wise + Well with Mickey (C1)</p> <p>3:00 See Clear (B)</p> <p>6:15 Balloon Swat (C1)</p> <p>6:15 Explore the IN2L (C2)</p>	<p>9:00 Royal Treatment <b>5</b></p> <p>9:30 Magnolia Melodies (C1)</p> <p>10:30 Singfit (C1)</p> <p>10:15 Magnolia Melodies in the Activity Room (C2)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:15 Wise + Well with Mickey (C1)</p> <p>2:30 Singfit (C2)</p> <p>3:45 Happy Hour: Strawberry Lemonade Spritzer</p> <p>6:15 Friday Funnies (B)</p> <p>Paws for Purpose: Karen &amp; Piper</p>	<p>9:00 Royal Treatment <b>6</b></p> <p>10:30-1 Spring Fling &amp; Easter Egg Hunt (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:00 Ball Toss with Staff (B)</p> <p>2:30 BINGO with Staff (B)</p> <p>3:00 Life Skills Stations with Staff (B)</p> <p>3:30 WGHS Jazz Band and Spaghetti Dinner (outing)</p> <p>3:45 Saturday Trivia (B)</p> <p>6:15 Saturday Night Sitcoms: Little House on the Prairie</p>
<p>9:00 Royal Treatment <b>7</b></p> <p>9:30 Exercise Games with Staff (B)</p> <p>10:30 Sunday Morning Scripture &amp; Weekly Prayer Box (B)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:15 Weekly Devotions and Sing A Long with Providence Presbyterian (AL)</p> <p>1:30 Visits with Chance &amp; Marcia (B)</p> <p>3:00 Sip &amp; Snack Social (B)</p> <p>3:45 Sunday Strolls around the Cottage (B)</p> <p>6:00 Puzzles to Ponder (B)</p>	<p>9:00 Royal Treatment <b>8</b></p> <p>9:30 Singfit (C1)</p> <p>10:30 Let's Dye Easter Eggs (B C1)</p> <p>10:30 Tray Play (C2)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:15 Wise + Well: Tai Chi with Eric (AL WR)</p> <p>2:00 Cooking in the Country Kitchen (C1)</p> <p>2:30 Singfit (C2)</p> <p>6:00 Triad A Capella Connection Performs (AL)</p>	<p>9:00 Royal Treatment <b>9</b></p> <p>9:30 Stretch &amp; Smile (B)</p> <p>10:30 Pair &amp; Share with Noble Academy (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:15 Food Service &amp; Resident Council Meeting (AL)</p> <p>2:00 Tuesday Trivia (B)</p> <p>2:30 Wise + Well with Mickey (C2)</p> <p>3:00 Manicures with Katy &amp; Lindsey (B)</p> <p>3:30 Art from the Heart (B)</p> <p>6:00 Tuesday Tunes with Brenda Peeden (AL Library)</p> <p>6:15 Cottage Stories with Staff (B)</p>	<p>9:00 Royal Treatment <b>10</b></p> <p>9:30 Singfit (C1)</p> <p>10:30 Music &amp; Memories with Robin (AL)</p> <p>11:00 Lunch Bunch to Texas Roadhouse (outing)</p> <p>11:00 Wise + Well with Mickey (C2)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:30 Singfit (C2)</p> <p>3:00 Art from the Heart with Creative Aging Network (AL)</p> <p>6:15 Explore the IN2L (C1)</p> <p>6:15 Balloon Swat (C2)</p>	<p>9:00 Royal Treatment <b>11</b></p> <p>9:30 Stretch &amp; Smile (B)</p> <p>10:30 Bingo (C1)</p> <p>10:30 Games on the IN2L (C2)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:15 Wise + Well with Mickey (C1)</p> <p>2:30 Afternoon Tunes with Fredd (AL)</p> <p>6:15 Balloon Swat (C1)</p> <p>6:15 Explore the IN2L (C2)</p> <p>7:15/1:15/3:15 ALL Staff Meeting in Activity Room</p>	<p>9:00 Royal Treatment <b>12</b></p> <p>9:30 Singfit (C1)</p> <p>10:30 Funtime Friday with Ronnie Conoway (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:15 Wise + Well with Mickey (C1)</p> <p>2:30 Singfit (C2)</p> <p>2:30 Art from the Heart with Johnny (AL)</p> <p>3:45 Happy Hour: Mixed Berry Punch</p> <p>3:45 Girl Scout Troop Visits (AL)</p> <p>6:15 Friday Funnies</p> <p>Paws for Purpose: Karen &amp; Piper</p>	<p>9:00 Royal Treatment <b>13</b></p> <p>10:30 Art from the Heart with Holly (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:00 Ball Toss with Staff (B)</p> <p>2:30 BINGO with Staff (B)</p> <p>3:00 Life Skills Stations with Staff (B)</p> <p>3:45 Saturday Trivia (B)</p> <p>6:15 Saturday Night Sitcoms: Little House on the Prairie</p>
<p>9:00 Royal Treatment <b>14</b></p> <p>9:30 Exercise Games with Staff (B)</p> <p>10:30 Sunday Morning Scripture &amp; Weekly Prayer Box (B)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:15 Weekly Devotions and Sing A Long with Providence Presbyterian (AL)</p> <p>1:30 Visits with Chance &amp; Marcia (B)</p> <p>3:00 Sip &amp; Snack Social (B)</p> <p>3:45 Sunday Strolls around the Cottage (B)</p> <p>6:00 Board Games with Staff (B)</p>	<p>7:30 Men's Breakfast to IHOP (outing) <b>15</b></p> <p>9:00 Royal Treatment</p> <p>9:30 Singfit (C1)</p> <p>10:30 Sentimental Journey with Bill Bottoms (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:15 Wise + Well: Tai Chi with Eric (AL WR)</p> <p>2:00 Let's Play Bowling (C1)</p> <p>2:30 Singfit (C2)</p> <p>3:00 Horticulture Therapy with Catherine (AL)</p> <p>6:00 Let's Play Bowling (C2)</p> <p>6:00 Hand Massages &amp; Manicures (C1)</p>	<p>9:00 Royal Treatment <b>16</b></p> <p>9:30 Stretch &amp; Smile (B)</p> <p>10:30 Handbells with Jorie (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1-4 Share the Joy Virtual Reality Sessions (sign up)</p> <p>2:00 Tuesday Trivia (B)</p> <p>2:30 Wise + Well with Mickey (C2)</p> <p>3:00 Manicures with Katy &amp; Lindsey (B)</p> <p>3:30 Art from the Heart (B C2)</p> <p>6:00 Tuesday Tunes with Frankie-Gospel &amp; Country Sing-along (AL)</p> <p>6:15 Cottage Stories with Staff (B)</p>	<p>9:00 Royal Treatment <b>17</b></p> <p>9:30 Singfit (C1)</p> <p>10:30 Hearts &amp; Harmony: Music with Joel (AL)</p> <p>11:00 Wise + Well with Mickey (C2)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:30 Men's Trip to Town &amp; Country Barber Shop (outing)</p> <p>2:30 Singfit (C2)</p> <p>3:00 Art from the Heart with Creative Aging Network (AL)</p> <p>6:15 Explore the IN2L (C1)</p> <p>6:15 Balloon Swat (C2)</p>	<p>9:00 Royal Treatment <b>18</b></p> <p>9:30 Stretch &amp; Smile (B)</p> <p>10:30 Bingo (C1)</p> <p>10:30 Tray Play (C2)</p> <p>1-2 Quiet Relaxation (B)</p> <p>1:30-4 Reflexology Massages in Spa on 100 hall (sign up)</p> <p>2:15 Wise + Well with Mickey (C1)</p> <p>3:00 See Clear with Katy &amp; Lindsey (B)</p> <p>4:30-7 Cottage Family Nigh with Singfit Demo (B C1)</p>	<p>GOOD FRIDAY <b>19</b></p> <p>9:00 Royal Treatment</p> <p>9:30 Singfit (C1)</p> <p>10:45 Leave for Lunch Bunch to Libby Hill (outing)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:00 Springtime and Renewal (B)</p> <p>2:30 Singfit (C2)</p> <p>3:00 Music with Josh &amp; Darlene (AL)</p> <p>3:45 Happy Hour: Vanilla Milkshakes</p> <p>6:15 Friday Funnies</p> <p>Paws for Purpose: Karen &amp; Piper</p>	<p>9:00 Royal Treatment <b>20</b></p> <p>10:30 Art from the Heart with Jennifer (AL)</p> <p>1-2 Quiet Relaxation (B)</p> <p>2:00 Ball Toss with Staff (B)</p> <p>2:30 BINGO with Staff (B)</p> <p>3:00 Life Skills Stations with Staff (B)</p> <p>3:45 Saturday Trivia (B)</p> <p>6:15 Saturday Night Sitcoms: Little House on the Prairie</p>

# April 2019 Activities & Event Calendar- Cottage

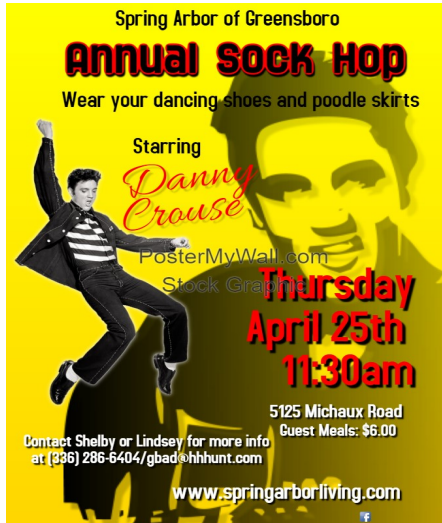
Spring Arbor of Greensboro \* 5125 Michaux Road \* Greensboro, NC 27410 \* (336) 286-6404 \* www.springarborliving.com \*  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>21</b> 9:00 Royal Treatment 9:30 Exercise Games with Staff (B) 10:30 Sunday Morning Scripture & Weekly Prayer Box (B) 1-2 Quiet Relaxation (B) 1:15 Weekly Devotions and Sing A Long with Providence Presbyterian (AL) 1:30 Visits with Chance & Marcia (B) 3:00 Sip & Snack Social (B) 3:45 Sunday Strolls around the Cottage (B) 6:00 Question Ball (B)	<b>22</b> Easter Monday 9:00 Royal Treatment 9:30 Allegro Music Therapy (C1) 10:30 Allegro Music Therapy in the Activity Room (C2) 10:30 SingFit (C1) 1-2 Quiet Relaxation (B) 1:15 Wise + Well: Tai Chi with Eric (AL WR) 2:30 Singfit (C2) 3:00 Armchair Travel with Lindsey & Katy (B C1) 6:00 Monday Night Music with Ronnie Conoway (AL)	<b>23</b> 9:00 Royal Treatment 9:30 Stretch & Smile (B) 10:30 Kindermusik Bridges Program (AL) 1-2 Quiet Relaxation (B) 1:30-4 Community Plant & Gardening Day 2:30 Wise + Well with Mickey (C2) 2:30 Wine & Cheese Social (AL Café) 6:00 Tuesday Tunes with Mood Swingz(AL) 6:15 Cottage Stories with Staff (B)	<b>24</b> 9:00 Royal Treatment 9:30 Singfit (C1) 10:10 Music & Memories with Robin (AL) 11:00 Wise + Well with Mickey (C2) 1-2 Quiet Relaxation (B) 2:00 Ice Cream Sundaes in the Backyard (B) 2:30 Singfit (C2) 3:00 Art from the Heart with Creative Aging Network (AL) 6:15 Explore the IN2L (C1) 6:15 Balloon Swat (C2)	<b>25</b> 9:00 Royal Treatment 9:30 Stretch & Smile (B) 10:30 Bingo (C1) 10:30 Games on the IN2L (C2) 11:30 Annual Sock Hop with Danny Crouse as Elvis! (AL) 1-2 Quiet Relaxation (B) 1:30 Guilford County Animal Shelter Visits (B) 2:15 Wise + Well with Mickey (C1) 3:00 Piano with Pat Wade (AL) 6:15 Balloon Swat (C1) 6:15 Explore the IN2L (C2)	<b>26</b> 9:00 Royal Treatment 9:30 Singfit (C1) 10:30 Monthly Birthday Party with music by the Vance's (AL) 1-2 Quiet Relaxation (B) 2:15 Wise + Well with Mickey (C1) 2:30 Singfit (C2) 3:00 Cottage Bus Rides (outing) 3:45 Happy Hour: Mimosas 6:15 Friday Funnies	<b>27</b> 9:00 Royal Treatment 10:30 Color by Number with Staff (B) 10-1 Car Wash Fundraiser for Wheelchair Swing (front Parking lot) 1-2 Quiet Relaxation (B) 2:00 Wise + Well with Mickey (C1) 2:00 Snacks & Chat with Staff (B) 2:30 BINGO with Staff (B) 3:00 Life Skills Stations with Staff (B) 3:45 Saturday Trivia (B)

<b>28</b> 9:00 Royal Treatment 9:30 Exercise Games with Staff (B) 10:30 Sunday Morning Scripture & Weekly Prayer Box (B) 1-2 Quiet Relaxation (B) 1:15 Weekly Devotions and Sing A Long with Providence Presbyterian (AL) 1:30 Visits with Chance & Marcia (B) 3:00 Sip & Snack Social (B) 3:45 Sunday Strolls around the Cottage (B) 6:00 Sing Along with Staff (B)
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<b>29</b> 9:00 Royal Treatment 9:30 Sing Fit (C1) 10:30 Art from the Heart with Jennifer (AL) 1-2 Quiet Relaxation (B) 1:15 Wise + Well: Tai Chi with Eric (AL WR) 2:00 Chicken Soup for the Soul(C1) 2:30 Singfit (C2) 6:00 Oak Level Men's Quartet (AL)
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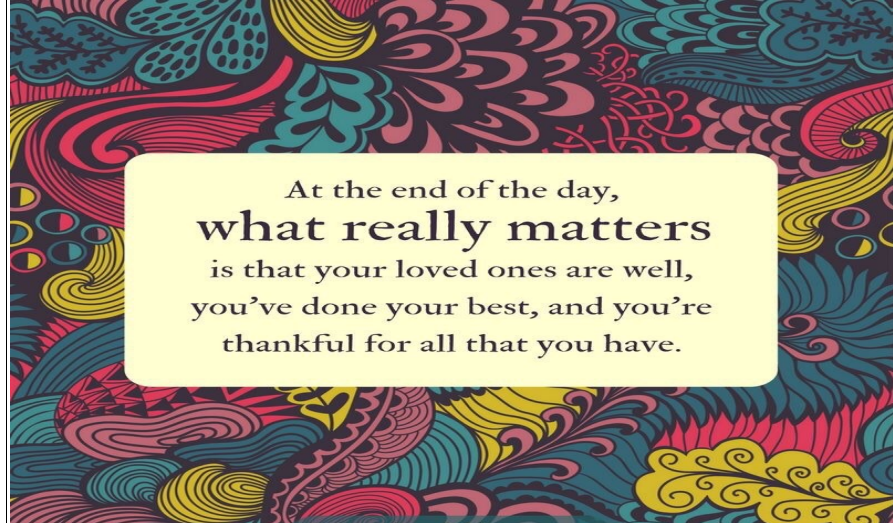
<b>30</b> National Raisin Day 9:00 Royal Treatment 9:30 Stretch & Smile (B) 10:30 Grace Notes Senior Choir From Collings Park Church Performs (AL) 1-2 Quiet Relaxation (B) 2:30 Trail Mix Snack Social (C1) 2:30 Wise + Well with Mickey (C2) 3:00 Manicures with Katy & Lindsey (B) 6:00 Tuesday Tunes with Alderman Duo (AL) 6:15 Cottage Stories with Staff (B)
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Spring Arbor of Greensboro  
**Annual Sock Hop**  
Wear your dancing shoes and poodle skirts  
Starring **Danny Crouse**  
Thursday **April 25th**  
**11:30am**  
5125 Michaux Road  
Guest Meals: \$6.00  
Contact Shelby or Lindsey for more info at (336) 286-6404/gbad@hhhunt.com  
www.springarborliving.com



Spring Arbor of Greensboro  
**COMMUNITY PLANTING DAY**  
We will be planting flowers in all areas of our building. Dwayne will purchase flowers. Celebrate Earth Day with our residents and team & get ready for spring! We need volunteers to help! Contact Shelby or Lindsey to sign up. gbad@hhhunt.com or gbcc1@hhhunt.com  
**Tuesday April 23rd**  
**1:30-4pm**




At the end of the day,  
**what really matters**  
is that your loved ones are well,  
you've done your best, and you're  
thankful for all that you have.

tinybuddha.com




SPRING ARBOR SENIOR LIVING  
**CAR WASH** \$5 a car  
**27 APR** 10AM-1PM  
Come help us raise funds for our new "Duet Bike" and get your car washed!  
Spring Arbor of Greensboro  
5125 Michaux Road  
For more information contact:  
Lindsey (336)613-6768

**Location Key**  
AL—Assisted Living  
C1—Cottage 1  
C2— Cottage 2  
B — Both Cottage 1 and Cottage 2 participate



**HAPPY BIRTHDAY!**

**Residents**  
Bob Myers 4th  
Al Snelgrove 19th  
Mildred Highfill 21st  
Rose King 26th  
Betty York 27th  
Norma Webb 28th

**HAPPY BIRTHDAY!**

**Team**  
James Tanks 16th  
Tammi Walker 19th  
Keith Whitley 20th  
Sandie Ratcliff 24th  
Jessica Jones 30th  
Shi Ann Miller 30th