

April 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>April 14th Evelyn S.</p> <p>April 17th Gerald F.</p> <p>April 27th Mary W</p> <p>~~~</p> <p>Gundersen Health System's</p> <p>Minutes in Motion begins April 1st</p> <p>Tracking sheets are available on the bulletin board.</p>	<p>1</p> <p><i>Minutes in Motion begins today!</i></p> <p><i>April Fool's Day</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce In the Café</p> <p>9:30am Chair Exercise</p> <p>1:30pm Bingo Dining Room</p> <p>3:00pm Euchre</p> <p>6:00pm Dominos West Lounge</p>	<p>2</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce In the Café</p> <p>9:30am Chair Exercise Dining Room</p> <p>10:30am Pet Therapy</p> <p>11:00am Lunch at Ciatti's</p> <p>3:00pm Euchre Dining Room</p> <p>6:00pm Dominos West Lounge</p>	<p>3</p> <p><i>National Walking Day</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour With Cinnamon Rolls</p> <p>9:30am Chair Exercise</p> <p>10:00am Lutheran Lenten Service Dining Room</p> <p>1:30pm Catholic Lenten Service West Lounge</p> <p>2:30pm Card Club-500</p> <p>6:00pm Dominos</p>	<p>4</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce In the Café</p> <p>10:00am Scrabble West Lounge</p> <p>2:00pm Do It Yourself Spring Felt Bunny Creations with Nancy Dining Room</p> <p>3:00pm Euchre Dining Room</p> <p>6:00pm Dominos West Lounge</p>	<p>5</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce In the Café</p> <p>9:30am Chair Exercise Dining Room</p> <p>10:00am Scrabble West Lounge</p> <p>2:30pm Happy Hour And Popcorn</p> <p>3:00pm Euchre Dining Room</p> <p>6:00pm Dominos West Lounge</p>	<p>6</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce In the Café</p> <p>10:00am Music CD In the West Lounge</p> <p>2:30pm Card Club-500 West Lounge</p> <p>5:00pm March Madness Final Four Game on CBS</p> <p>7:30pm March Madness Final Four Game on CBS</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 8:30am Morning Stroll	8 8:30am Morning Stroll	9 8:30am Morning Stroll	10 8:30am Morning Stroll	11 8:30am Morning Stroll	12 8:30am Morning Stroll	13 8:30am Morning Stroll
9:00am Coffee and Reminisce In the Café	9:00am Coffee Hour Featuring freshly ground Jamaica Blue Mountain Coffee— <i>Thank you Connie!</i>	9:00am Coffee and Reminisce In the Café	9:00am Coffee Hour	9:00am Coffee and Reminisce	9:00am Coffee and Reminisce In the Café	9:00am Coffee and Reminisce In the Café
9:30am Catholic Mass Channel 19	9:30am Tenant Meeting	9:30am Tenant Meeting	9:30am Chair Exercise	1:45pm Tornado Drill See pages 5 & 6 of the Activity Calendar for more information	9:30am Chair Exercise Dining Room	10:00am Music CD In the West Lounge
3:00pm Euchre Dining Room	11:00am Lunch at The Waterfront	10:30am Pet Therapy	10:00am Lutheran Lenten Service Dining Room	2:30pm Movie Matinee: Mrs. Doubtfire <i>A comedy starring Robin Williams and Sally Field</i>	10:00am Scrabble West Lounge	2:30pm Movie Matinee: Overboard <i>A comedy starring Goldie Hawn and Kurt Russel</i>
6:00pm Dominos West Lounge	1:30pm Bingo	1:00pm Shopping at Festival Foods	1:30pm Catholic Lenten Service West Lounge		2:30pm Happy Hour featuring wine, Beer, soda and snacks	
7:00pm Country Music Awards On CBS	3:00pm Euchre	3:00pm Euchre Dining Room	2:30pm Card Club-500 West Lounge		6:00pm Dominos West Lounge	6:00pm Dominos West Lounge
	8:00pm March Madness Championship	6:00pm Dominos West Lounge	6:00pm Dominos	6:00pm Dominos		

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 <i>Palm Sunday</i> <i>Titanic</i> <i>Shipwrecked on</i> <i>this day in 1912</i> 8:30am Morning Stroll 9:00am Coffee and Reminisce In the Café 9:30am Catholic Mass Channel 19 3:00pm Euchre Dining Room 6:00pm Dominos West Lounge	15 <i>Tax Day</i> 8:30am Morning Stroll 9:00am Coffee and Reminisce In the Café 9:30am Chair Exercise 1:30pm Bingo Dining Room 2:30pm Cookie and Coffee Social 3:00pm Euchre 6:00pm Dominos	16 8:30am Morning Stroll 9:00am Coffee and Reminisce 9:30am Chair Exercise  10:00am Easter Egg Hunt with Children's Palace Day Care Kids 10:30am Pet Therapy 6:00pm Dominos West Lounge	17 8:30am Morning Stroll 9:00am Coffee Hour 9:30am Chair Exercise 10:00am Lutheran Lenten Service Dining Room 1:30pm Catholic Lenten Service West Lounge 2:30pm Card Club-500 West Lounge 6:00pm Dominos West Lounge	18 <i>Holy Thursday</i> 8:30am Morning Stroll 9:00am Coffee and Reminisce 10:00am Scrabble 2:30pm Movie Matinee: <u><i>The Blind Side</i></u> <i>A drama based</i> <i>on a true story.</i> <i>Starring</i> <i>Sandra Bullock</i> 3:00pm Euchre 6:00pm Dominos	19 <i>Good Friday</i> 8:30am Morning Stroll 9:00am Coffee Hour Featuring freshly ground Jamaica Blue Mountain Coffee— <i>Thank</i> <i>you Connie!</i> 2:30pm Happy Hour 3:00pm Musical Entertainment by Hans Mayer and Susan Hauser 6:00pm Domino West Lounge	20 <i>Holy Saturday</i> 8:30am Morning Stroll 9:00am Coffee and Reminisce In the Café 10:00am Music CD In the West Lounge 2:30pm Movie Matinee: <u><i>Runaway Bride</i></u> <i>A romantic</i> <i>comedy</i> <i>starring Julia</i> <i>Roberts and</i> <i>Richard Gere</i> 6:00pm Dominos

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>21 <i>Happy Easter!</i></p>  <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce In the Café</p> <p>9:30am Catholic Mass Channel 19</p> <p>2:30pm Lemonade and Cookie Social Dining Room</p>	<p>22 <i>Earth Day</i></p>  <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>1:00pm Shopping at Festival Foods</p> <p>1:30pm Bingo</p> <p>3:00pm Earth Day Celebration With Fruit Smoothies</p> <p>6:00pm Dominos</p>	<p>23 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>9:30am Chair Exercise</p> <p>10:30am Pet Therapy</p> <p>10:30am Weight and Blood Pressure Clinic with Connie</p> <p>2:00pm Euchre Dining Room</p> <p>6:00pm Dominos West Lounge</p>	<p>24 8:30am Morning Stroll</p> <p>9:00am Coffee Hour Featuring freshly ground Jamaica Blue Mountain Coffee—<i>Thank you Connie!</i></p> <p>9:30am Chair Exercise Dining Room</p> <p>1:30pm Catholic Service West Lounge</p> <p>2:30pm Card Club-500 West Lounge</p> <p>6:00pm Dominos</p>	<p>25 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>2:30pm Movie Matinee: <u>The Great Gatsby</u> <i>Based on F. Scott Fitzgerald's timeless classic. Starring Leonardo DiCaprio</i></p> <p>3:00pm Euchre</p> <p>6:00pm Dominos</p>	<p>26 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>9:30am Chair Exercise Dining Room</p> <p>10:00am Scrabble West Lounge</p> <p>2:00pm Euchre</p> <p>2:30pm Happy Hour featuring wine, Beer, soda and snacks</p> <p>6:00pm Dominos West Lounge</p>	<p>27 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>10:00am Music CD In the West Lounge</p> <p>2:30pm Movie Matinee: <u>Rudy</u> <i>A testament to the power of dreams and the triumph of the common man</i> Center Lounge</p> <p>6:00pm Dominos West Lounge</p>

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SUNDAY	MONDAY	TUESDAY				
<p>28 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce In the Café</p> <p>9:30am Catholic Mass Channel 19 Center Lounge</p> <p>2:00pm Euchre Dining Room</p> <p>3:00pm Scrabble</p> <p>6:00pm Dominos West Lounge</p> <p>6:30pm <u>Red Skelton DVD</u> Center Lounge</p>	<p>29 8:00am Morning Stroll</p> <p>8:30am Birthday Breakfast Featuring Biscuits and Sausage Gravy, Fruit, Orange Juice, and Coffee</p> <p>9:00am Coffee and Reminisce</p> <p>1:30pm Bingo Dining Room</p> <p>3:00pm Euchre</p> <p>6:00pm Dominos West Lounge</p>	<p>30 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>9:30am Chair Exercise Dining Room</p> <p>10:30am Pet Therapy</p> <p>11:00am Lunch at David Reay's</p> <p>3:00pm Euchre Dining Room</p> <p>6:00pm Dominos West Lounge</p>	<p>Wisconsin State Wide Tornado Drill On Thursday, April 11th</p> <p>Staff will post Tornado watch signs on the exit doors and follow our policy and procedure for a TORNADO WATCH.</p> <p>At 1:45pm, listen for the tornado sirens.</p> <p><i>Tenants are asked to proceed to your bathroom shower or other indoor location without windows as you would for an actual tornado warning or a severe thunderstorm warning.</i></p>	<p>Stress Reduction Tips:</p> <p><i>*Accept there are events you cannot control</i></p> <p><i>*Keep a positive attitude</i></p> <p><i>*Take 15-20 minutes daily to sit quietly and reflect</i></p> <p><i>*Exercise daily as advised by</i></p> <p><i>*Get enough rest and sleep</i></p> <p><i>*Listen to Music</i></p> <p><i>*Laugh!</i></p>		

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SEVERE WEATHER AWARENESS

- **Severe Thunderstorm or Tornado Watch vs Warning:**
 - **“Watch Status” means conditions are favorable for severe weather development.**
 - It is safest to be indoors, away from windows.
 - **“Warning Status” means severe weather is imminent: It is occurring or about to occur.**
 - Get to a safe area immediately. The safest place during severe weather at Prairie Home is inside your shower or an interior room without windows.
- **Severe Thunderstorm or Tornado “Watch” Status:**
 - Tenants can continue with normal activities, but remain watchful of changes in the weather. It is best to stay indoors if possible.
- **Severe Thunderstorm or Tornado “Warning” Status:**
 - Signs will be posted on all exits with the type and duration of the warning issued.
 - Staff will close all drapes in common areas.
 - If possible, tenants should close apartment windows and blinds. Ask staff for assistance if necessary.
 - Tenants are advised to go into the shower in your apartment for the duration of the severe weather.
 - If possible, bring a pillow, towel or blanket into the shower with you to cover your head. Close your bathroom door.
- **Severe Weather Safety Tips from the National Weather Service:**
 - **Remember**
 - No place outside is safe when severe weather is imminent.
 - If you hear thunder, lightning is close enough to strike you.
 - Stay in a safe location until 30 minutes after you hear the last sound of thunder.
 - Stay off corded phones, computers and other electrical equipment.
 - Avoid plumbing, including sinks, showers and faucets. (Note: scheduled showers and baths will be delayed or postponed until the severe weather has passed).

The first Monday of every month at 11:00am, tornado sirens will sound for a drill. Please take a moment to review these Severe Weather Safety tips when you hear the siren each month.

From the National Weather Service