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April 2026

# James Apartment

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April has arrived with all the beauty and promise that spring brings. After months of cold and gray, we're greeted by blooming flowers, singing birds, and that unmistakable warmth in the air that lifts our spirits and invites us outdoors. This is a month of transformation—nature reminds us that growth and renewal are always possible.

There's something magical about watching the world come back to life in April. Gardens burst with color, trees fill with green leaves, and everything feels fresh and new. This season of growth isn't just happening outside our windows—it's an invitation for us too. Whether it's trying a new activity at our dining sites, reconnecting with a neighbor, or simply taking a few extra moments to enjoy the sunshine, April encourages us to embrace new experiences and possibilities.

Spring also reminds us of the power of community. Just as flowers bloom together in a garden, we thrive when we're connected to one another. Our dining sites are more than places to share meals—they're spaces where friendships flourish, laughter fills the room, and we support each other through all seasons of life. Thank you for being part of this vibrant community and for bringing your unique spirit to our tables.

As the weather warms, we encourage you to get moving! Join us for fitness classes, take advantage of outdoor activities and trips, and enjoy the energy that comes with longer, sunnier days. Our recreation and wellness programming continues throughout April with opportunities to stay active, learn something new, and enjoy the best of what spring has to offer.

April programming, including springtime celebrations, educational presentations, creative activities, and community outings. Whether we're exploring museums, taking in the cherry blossoms, or simply gathering for games and conversation, there's always something blooming at our dining sites.


April is a reminder that after every winter, spring returns with beauty, hope, and new beginnings. Whatever this month brings, we'll welcome it together—with gratitude for the past, joy in the present, and excitement for what's ahead. Lastly, please give a warm welcome to Tilwana Thomas “Pumpkin” as the new Senior Engagement Associate!

**Wishing you an April filled with sunshine, growth, and the warmth of good friends.**

Iona Senior Services

# April 2026 - James Apartments

**\*\* Calendar is subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 10:00 am Coffee & Music 11:00 am Mid-week Movie <b>12:00 pm Lunch</b> 1:00 pm Virtual Breath & Meditation <b>**Social Worker-11:30-1:30pm</b>	<b>2</b> 10:00 am Coffee & Current Events <b>11:00 am Virtual Stretch Class</b> <b>12:00 pm Lunch</b> 1:00 pm Virtual Travel	<b>3</b> 10:00 am Coffee & Games 11:00 am Games and Puzzles <b>12:00 pm Lunch</b> 1:00 pm Bingo <b>**Comm Trip: Duck Pin Bowling</b>
<b>6</b> 10:00 am Coffee & Conversation <b>11:00 am Comm Fitness w/ Kojack</b> <b>12:00 pm Lunch</b> 1:00 pm Motown Music Hour	<b>7</b> 10:00 am Coffee & Local News 11:00 am Trivia <b>12:00 pm Lunch</b> 1:00 pm Arts & Crafts	<b>8</b> 10:00 am Coffee & Music 11:00 am Mid-week Movie <b>12:00 pm Lunch</b> 1:00 pm Virtual Breath & Meditation <b>**Social Worker-11:30-1:30pm</b> <b>**Dementia Bingo w/ Julia 12pm-1pm</b>	<b>9</b> 10:00 am Coffee & Current Events <b>11:00 am Virtual Stretch Class</b> <b>12:00 pm Lunch</b> 1:00 pm Virtual Travel <b>**Comm Trip: Shoppers World</b> <b>** Memory Clinic 12pm-2pm</b>	<b>10</b> 10:00 am Coffee & Games 11:00 am Games and Puzzles <b>12:00 pm Lunch</b> 1:00 pm Bingo
<b>13</b> 10:00 am Coffee & Conversation <b>11:00 am Comm Fitness w/ Kojack</b> <b>12:00 pm Lunch</b> 1:00 pm 80s Music Hour <b>** Fall Prevention Seminar at St. Albans- 10am and 1pm</b>	<b>14</b> 10:00 am Coffee & Local News 11:00 am Trivia <b>12:00 pm Lunch</b> 1:00 pm Arts & Crafts <b>**Digital Navigator w/ Cameron G.</b>	<b>15</b> 10:00 am Coffee & Music 11:00 am Mid-Week Movie <b>12:00 pm Lunch</b> 1:00 pm Virtual Breath & Meditation <b>**Social Worker-11:30-1:30pm</b>	<b>16</b> <b>CLOSED</b> 	<b>17</b> 10:00 am Coffee & Games 11:00 am Games and Puzzles <b>12:00 pm Lunch</b> 1:00 pm Bingo
<b>20</b> 10:00 am Coffee & Conversation <b>11:00 am Comm Fitness w/ Kojack</b> <b>12:00 pm Lunch</b> 1:00 pm 60s Music Hour	<b>21</b> 10:00 am Coffee & Local News 11:00 am Trivia <b>12:00 pm Lunch</b> 1:00 pm Arts & Crafts	<b>22</b> 10:00 am Coffee & Music 11:00 am Mid-week Movie <b>12:00 pm Lunch</b> 1:00 pm Virtual Breath & Meditation <b>**Social Worker-11:30-1:30pm</b>	<b>23</b> 10:00 am Coffee & Current Events <b>11:00 am Virtual Stretch Class</b> <b>12:00 pm Lunch</b> 1:00 pm Virtual Travel Nutri. Ed: Eating Well w/Arthritis	<b>24</b> 10:00 am Coffee & Games 11:00 am Games & Puzzles <b>12:00 pm Lunch</b> 1:00 pm Bingo Virtual Nutri Ed: Nutri. in the News 11:30
<b>27</b> 10:00 am Coffee & Conversation <b>11:00 am Comm Fitness w/ Kojack</b> <b>12:00 pm Lunch</b> 1:00 pm 70s Music Hour	<b>28</b> 10:00 am Coffee & Local News 11:00 am Trivia <b>12:00 pm Lunch</b> 1:00 pm Arts & Crafts	<b>29</b> 10:00 am Coffee & Music 11:00 am Memory Games <b>12:00 pm Lunch</b> 1:00 pm Virtual Breath & Meditation <b>**Social Worker-11:30-1:30pm</b>	<b>30</b> 10:00 am Coffee & Current Events <b>11:00 am Virtual Stretch Class</b> <b>12:00 pm Lunch</b> 1:00 pm Virtual Travel	<b>5/1</b> 10:00 am Coffee & Conversation 11:00 am Games & Puzzles <b>12:00 pm Lunch</b> 1:00 pm Bingo
<b>5/4</b> 10:00 am Coffee & Conversation <b>11:00 am Comm Fitness w/ Kojack</b> <b>12:00 pm Lunch</b> 1:00 pm Motown Music Hour	<b>5/5</b> 10:00 am Coffee & Local News 11:00 am Trivia <b>12:00 pm Lunch</b> 1:00 pm Arts & Crafts	<b>5/6</b> 10:00 am Coffee & Music 11:00 am Memory Games <b>12:00 pm Lunch</b> 1:00 pm Virtual Breath & Meditation <b>**Social Worker-11:30-1:30pm</b>	<b>5/7</b> 10:00 am Coffee & Current Events <b>11:00 am Virtual Stretch Class</b> <b>12:00 pm Lunch</b> 1:00 pm Virtual Travel	<b>5/8</b> 10:00 am Coffee & Games 11:00 am Games & Puzzles <b>12:00 pm Lunch</b> 1:00 pm Bingo