

CR= Classroom (formerly Arts & Crafts)  
 DR = Dining room  
 FR = Fitness Room    ★ = Outings  
 LBY=Lobby  
 MZ = Mezzanine  
 KC = KOPRC Chapel (by lobby)  
 ULR = Upper Living Room  
 CD = Concierge Desk (Sonya's desk)  
 #528 = Apartment 528

# APRIL 2024

Activities in Green = sign up required at the concierge desk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 1:00 Pinochle #528 2:00 Knitting & Crafting w/ guitar music DR	<b>2</b> 1:00 Sit n Stretch CR 2:00 Resident Board Meeting #528	<b>3</b> 1:00 Catholic Commun- ion KC 2:00 Snack n Chat DR	<b>4</b> 9:00 Shopping Trip TBD ★ 1:00 Pinochle #528 1:00 Sit & Stretch CR 2:00 Bean Bag Baseball DR 2:00 Snack n Chat DR 5:30 Trivia DR	<b>5</b> 12:30 FISH Food Boxes 2:00 Knitting & Crafting DR 3:00 Movie Matinee ULR 6:00 Poker DR	<b>6</b> 2:00 Coloring Social DR 6:00 Social Hour DR
<b>7</b> 3:00 Church #528	<b>8</b> 1:00 Pinochle #528 2:00 Knitting & Crafting w/guitar music DR	<b>9</b> 2:00 Resident Association Meeting DR 2:30 Birthday Party DR 4:10 Crafts with Discov- ery Middle School DR	<b>10</b> 1:00 Catholic Communion KC 2:00 Snack n Chat DR 3:00 American Sign Language Class ULR 5:30 Bingo DR	<b>11</b> 9:00 Shopping Trip TBD ★ 1:00 Pinochle #528 1:00 Sit & Stretch CR 2:00 Bean Bag Baseball DR 2:00 Snack n Chat DR	<b>12</b> 2:00 Knitting & Crafting DR 2:00 Colored Window Clings Craft CR 3:00 Movie Matinee ULR 6:00 Poker DR	<b>13</b> 2:00 Coloring Social DR 2:00 Snack n Chat DR
<b>14</b> 3:00 Church #528	<b>15</b> 1:00 Pinochle #528 2:00 Knitting & Crafting w/ guitar music DR	<b>16</b> ★ 11:00 Angels Donuts TBD 1:00 Sit n Stretch CR 4:10 Crafts with Discovery Middle School DR	<b>17</b> 1:00 Poet Laureate CR 1:00 Catholic Communion KC 2:00 Snack n Chat DR 3:00 American Sign Language Class ULR 5:30 Bingo DR	<b>18</b> ★ 9:00 Shopping Trip TBD 1:00 Pinochle #528 1:00 Sit & Stretch CR 2:00 Bean Bag Baseball DR 2:00 Snack n Chat DR 5:30 Trivia DR	<b>19</b> 1:00 Paper Flower Making CR 2:00 Knitting & Crafting DR 3:00 Movie Matinee ULR 6:00 Poker DR	<b>20</b> 2:00 Coloring Social DR 6:00 Potluck DR
<b>21</b> 3:00 Church #528	<b>22</b> 1:00 Pinochle #528 2:00 Knitting & Crafting DR	<b>23</b> ★ 11:00 Hobby Lobby TBD 1:00 Sit & Stretch CR 2:30 Book Mobile DR 4:10 Crafts with Discovery Middle School DR	<b>24</b> 1:00 Catholic Communion KC 2:00 Snack n Chat DR 5:30 Bingo DR	<b>25</b> ★ 9:00 Shopping Trip TBD 1:00 Pinochle #528 1:00 Sit & Stretch CR 2:00 Bean Bag Baseball DR 2:00 Snack n Chat DR	<b>26</b> 2:00 Bingo & Medicare Informational Event DR 2:00 Knitting & Crafting DR 3:00 Movie Matinee ULR 6:00 Poker DR	<b>27</b> 2:00 Coloring Social DR 2:00 Snack n Chat DR
<b>28</b> 3:00 Church #528	<b>29</b> 1:00 Pinocle #528 2:00 Knitting & Crafting w/ guitar music DR	<b>30</b> 1:00 Sit & Stretch CR 4:10 Crafts with Discov- ery Middle School				

## Applesauce Oatmeal Bites



Another great recipe for using up food pantry supplies. This one is a mix-and-match with whatever you have in your cupboard or have a taste for.

Preheat oven to 350 degrees and line a square baking pan with parchment paper, or spray with cooking oil.

### Ingredients:

1 Cup Applesauce  
2 cups rolled oats

### Optional Additions: (mix and match whatever you like)

1/4 cup raisins or dried cranberries  
1 smashed ripe banana  
1 fresh peeled and diced apple  
1/4 cup chopped walnuts  
1/4 cup chocolate chips  
1/4 cup slivered almonds  
Dash of cinnamon, nutmeg, or apple pie spice  
Stevia to taste

Combine oats and applesauce in a medium bowl, mix until evenly moistened. Add any optional add-ins. (Another option: sprinkle top with cinnamon sugar.

Spread mixture into prepared baking dish

Bake until no longer sticky, about 10 minutes. Some reviewers suggested to bake it an additional 5-10 minutes for a firmer texture. Flip baked oat mixture onto a work surface. Cut into bite-sized squares and allow to cool.

Store in your refrigerator, not your cookie jar. These are very moist, and will mold quickly in your cookie jar.

You can substitute any fruit puree for applesauce. Let me know if you come up with any delicious combinations!

**Yummy!**

## Disco Rocks!

We have been fortunate to have a partnership with Discovery Middle School aka “Disco”. Disco students, along with their teachers Mark Phelan and Sarah Wolf, have been visiting and working with our residents to make a variety of crafts. They started with rock painting, and quickly expanded to magnet making and even pottery! Both the residents and the students have really enjoyed this time together, and are looking forward to more fun crafts in April!

