WHAT’S HAPPENING
Spotlight on Activities

Tuesday, April 3rd:
Ladies Luncheon takes place in Community Room at 12:00 p.m.
Presenter will be Lieutenant Benedict: Financial Safety-Avoiding Scams. Sign up on bulletin board across from Main Dining Room.

Wednesday, April 11th:
Cope Environmental Center presents the Community Room. Senior Scientists at 2:00 p.m. in the Community Room.

Saturday, April 7th:
Take a trip to Fountain Acres Food and Variety Store at 2:00 p.m. Sign up to ride the bus on bulletin board across from Main Dining Room.

Thursday, April 19th:
Richmond Friends School will visit the Community Room.

Tuesday, April 24th:
Out to Dinner heads to O’Charley’s at 4:30 p.m. Sign up on bulletin board across from Main Dining Room.

Wednesday, April 25th:
The April Birthday Party will be at 2:00 p.m. in the Community Room.

Thursday, April 26th:
Gospel Hymn Sing at 2:00 p.m. in the Community Room.
The Tiny House Movement program by two EC alumni will be at 6:30 p.m. in the Community Room.

Sunday, April 15th:
Earlham College Chamber Music Spring Concert is at 4:00 p.m. at Earlham. Bus transportation will leave at 3:30 p.m. Sign up on bulletin board across from Main Dining Room.

Monday, April 16th:
Out to Lunch will leave for Frisch’s Big Boy at 11:30 a.m. Sign up on bulletin board across from Main Dining Room.

Thursday, April 19th:
Richmond Friends School will visit the Community Room.

Tuesday, April 24th:
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Pond Reflections

Spring officially arrived almost two weeks ago. The day the calendar said was the first day of spring was frigid. I didn’t hear Jenny wren warbling in the woods. Robins were still hanging out further south. Yet the signs that spring is about to spring are encouraging. Hundreds of daffodils that Charlie Matthews planted a decade ago at the north end of the FFC pond may be a riot of brilliant yellow by Easter. Frogs that have been hibernating at the bottom of the pond may have come to the surface for choir practice. Turtles, aroused from slumber, may be on the bank basking in the sun.

As the season changes, on the radio we frequently hear Antonio Vivaldi’s “The Four Seasons.” Vivaldi based this violin concerto on four sonnets, each descriptive of a season of the year, with the music reflecting the moods and characteristics of each season. A verse of the sonnet that inspired Vivaldi proclaims,

"Spring has come, and birds greet it festively with cheerful song; And with true breath of gentle breezes Springs trickle with a sweet murmur."

The approach of spring quickens our spirits. Spring holds the promise that just as crocuses, daffodils, and tulips poke up sprouts through the soil for new blossoming, we can grow, too. The people of India and other Asian nations have shown wisdom in cherishing the lotus as a cultural symbol. It isn’t just the beauty of the locus that gives the lotus its place of high honor. The lotus grows up out of the muck of the world, then buds and opens its petals to reveal the beauty it was ordained to show. Even so, beauty and worth can emerge from the muck and detritus of our imperfect lives, including the frailties of aging, if we are open to the possibilities each day brings.

A poem that was a favorite of my mother and I also cherish is Salutation of the Dawn from the Sanskrit:

"Look to this day! For it is life, the very life of life. In its brief course lie all the verities and realities of your existence; The glory of action, The bliss of growth, The splendor of beauty; For yesterday is but a dream, And tomorrow is only a vision, But today, well lived, makes Every yesterday a dream of happiness And every tomorrow a vision of hope. Look well, therefore, to this Day! Such is the Salutation of the Dawn."

These words express wisdom for all seasons and are especially meaningful as we enter the spring of the year.

—Ted Halsted, Editor
Thank You to Our Supporters

Friends Fellowship Community is grateful for the financial support given by the following during the period of February 22, 2018 through March 14, 2018.

GENERAL ENDOWMENT FUND*
In Memory of All Residents who Passed Away:
- Dick & Jan Bohlander
- Roger & Jane Arnold
- Phil & Bernie Blose
- Dick & Jan Bohlander
- Tom & Nancy Cox
- Paul & Deborah Higgs
- Ron & Regina Holthouse
- Ron & Doris Luellen
- Robert & Sharon McCormac
- Don & Nancy Michel
- Eugenia Mills

In Memory of Mary Harrell:
- Phil & Bernie Blose
- Michael & Janet Corder
- Gary & Charlotte Hubbell

In Memory of Carrol Rhodes:
- Phillip & Toni Benedict

In Honor of Peggy & Jerry Allen:
- Dick & Jan Bohlander

GENERAL ENDOWMENT-Cont.*
In Honor of Marilyn & Tom Barker:
- Dick & Jan Bohlander

In Honor of Carol & Clyde Black:
- Dick & Jan Bohlander

In Honor of Miriam Butler:
- Dick & Jan Bohlander

In Honor of Pat & Don Clark:
- Dick & Jan Bohlander

In Honor of Lois Jordan:
- Dick & Jan Bohlander

In Honor of Keith Peters:
- Dick & Jan Bohlander

In Honor of Jane Vincent:
- Dick & Jan Bohlander

In Honor of Lucille & Bill Ward:
- Dick & Jan Bohlander

FRIENDS MINISTERS’ FUND*
In Memory of Keith Esch:
- Phillip & Toni Benedict
- Robert & Gretchen Murray
- Gary Ratliff & Margaret Purvis
- Donald & Sheila Thorndub

In Memory of Roger Grimm:
- Roger & Jane Arnold
- Phil & Bernie Blose
- Dick & Jan Bohlander
- Tom & Nancy Cox
- Paul & Deborah Higgs
- Ron & Regina Holthouse
- Ron & Doris Luellen
- Robert & Sharon McCormac
- Don & Nancy Michel
- Eugenia Mills

In Memory of Mary Harrell:
- Phil & Bernie Blose
- Michael & Janet Corder
- Gary & Charlotte Hubbell

In Memory of Carrol Rhodes:
- Phillip & Toni Benedict

In Memory of Peggy & Jerry Allen:
- Dick & Jan Bohlander

*Endowment Fund income is used to support residents whose personal funds are diminished.

RESIDENTS ASSOCIATION
APRIL MEETING SCHEDULE

April 3, 2018
Residents Association Executive Committee Meeting
1:30 p.m. in the Family Room

PRAYER BY AN ANONYMOUS MOTHER SUPERIOR

Lord, Thou knowest better than I know myself that I am growing older, and will someday be old.

Keep me from getting talkative, and particularly from the fatal habit of thinking I must say something on every subject on every occasion.

Release me from craving to straighten out everybody’s affairs.

Keep my mind free from the recital of endless details—and give me wings to get to the point.

I ask for grace enough to listen to the tales of other’s pains. Help me to endure them with patience: but seal my lips on my own aches and pains—they are increasing and my love of rehearsing them is becoming sweeter as the years go by.

Teach me the glorious lesson that occasionally it is possible that I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint—some of them are so hard to live with—but a sour old woman is one of the crowning works of the devil.

Make me thoughtful, but not moody, helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it all. But Thou knowest, Lord, that I want a few friends at the end.

—Submitted by Jacqueline Wiwi

FFC resident

Silent Auction

There will not be a Silent Auction this spring due to the renovation projects. Please watch What’s Happening and bulletin boards for the next Silent Auction.
Resident Anniversaries

<table>
<thead>
<tr>
<th>Resident Name</th>
<th>Date of Death</th>
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<tbody>
<tr>
<td>Geri &amp; Dan Kindley</td>
<td>13 Years</td>
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<tr>
<td>Judy &amp; Keith Kendall</td>
<td>12 Years</td>
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<tr>
<td>Helen &amp; Jim Johnson</td>
<td>6 Years</td>
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<td>Toni &amp; Phil Benedict</td>
<td>5 Years</td>
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<td>George Harrell</td>
<td>5 Years</td>
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<td>Anna Lou Arnett</td>
<td>3 Years</td>
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<td>Letha &amp; Austin Cox</td>
<td>3 Years</td>
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<td>Sandy &amp; Leon Morrison</td>
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<td>Nancy Albrecht</td>
<td>1 Year</td>
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<td>Margie Hanneman</td>
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Employee Anniversaries

Administration
- Sandra Ward-Angell: 5 Years
- Janet Kearney: 3 Years

Dietary
- Cathy McKean: 8 Years
- Anna Brady: 5 Years
- Caitlin Fritts: 1 Year
- Marcia Winchester: 1 Year

Environmental Services
- Clara Farris: 11 Years
- Kim Petitt: 10 Years

Maintenance
- Artie Taylor: 13 Years

Nursing
- Ginger Harter: 6 Years
- Cindy Horsley: 6 Years
- Ashley Reece: 5 Years
- Teresa Mogle: 1 Year

The Courtyards
- Melissa Wyson: 11 Years
- Devin Crass: 6 Years
- Chef’c Erdosy: 5 Years
- Jordan Broyles: 1 Year
- Shannon Hughes: 1 Year

New Resident
Angela Nan Swanson from Richmond to HCC 39.
Harold Marvin Stohler from Hagerstown to CYI 71R.
Tom Milligan from Richmond to IR 365.

In Memoriam
February 27, 2018 through March 20, 2018

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<tr>
<th>Resident Name</th>
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<td>Mary Harrell</td>
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<td>Marie Davis</td>
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<td>Mary Harrell</td>
<td>3/07/2018</td>
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<tr>
<td>Marie Davis</td>
<td>3/18/2018</td>
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April 2018

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<td>Miriam Butler</td>
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<td>Roy Corwin</td>
<td>Corky Zinkan</td>
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<td>Chester Rawlings</td>
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<td>Ann Melle</td>
<td>Marilynn Pike</td>
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<td>Lucille Ward</td>
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<td>Eugenia Mills</td>
<td>Ed White</td>
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<td>Marilyn Young</td>
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April 2018 Page 6
Thank you! Thank you!

The Library Committee thanks you for your participation in our recent book sale. Perhaps you donated books or purchased books, it takes it all to have a successful sale. We appreciate and thank you for your help.

This is a good opportunity to let you know that as of April 1, Carol Black will be the chair person for the committee. I’m sure she will welcome suggestions of books you would like to see in our library.

Judy Kendall
Former chairperson of the Library Committee

News from the Life Enhancement Department

March Madness is over. Right into April we go! Flowers and sunny days are up and coming. This means we will see more residents out, enjoying the campus and our activities. We look forward to seeing you. Bring a friend; it’s always more fun together. Do you have a new resident living near you? Invite him/her to an activity. The beginning of April is a wonderful time of renewal, new things, and new babies. We hope you will visit the Life Enhancement office often the first week or two to watch our chicks hatch from the incubator right into the brooder. The cheeping chicks are always fun for a couple of days before they head to their permanent homes. We appreciate Pat Foreman and her expertise with this project.

Watch for more events like these and others in the works:

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**April 2018**

**Tuesday, April 3rd, 1:30 p.m. to 3:30 p.m.** *Orchid Open House*
**FFC Residents Don & Nancy Michel, IH 69**
Mr. Don Michel is a master at growing orchids. He will share his collection and expertise at an open house between 1:30 p.m. and 3:30 p.m. FFC will provide two times for residents of the main building and HCC to visit: 1:30 p.m. and 2:30 p.m. Sign up on the bulletin board across from Main Dining Room or contact an activities team member at 962-6540 extension 455.

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**Saturday, April 7th, 2:00 p.m.** *Trip to Fountain Acres Food Store*
**Fountain Acres Food and Variety Store, Fountain City**
The FFC bus will depart at 2:00 p.m. for this favorite destination. Fountain Acres carries many items ranging from old-fashioned candy, jams, fresh items, deli and more. Sign up on the bulletin board across from the Main Dining Room.

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**Wednesday, April 11th, 2:00 p.m.** *Senior Scientists by Cope Environmental Center*
**Community Room**
Join Cope for a wonderful nature program at 2:00 p.m. in the Community Room. Watch your mailbox and bulletin boards for more details of this month’s program topic.

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**Saturday, April 14th, 1:30 p.m.** *150 Years of Freedom Fighters*
**Earlham College**
A public discussion led by former Freedom Rider Dr. David Fankhauser at Earlham College, CoLab, Noyes Hall. Dr. Fankhauser will share his reflections of the civil rights movement and the growth of demonstrations in the U. S. today. The event is supported by the Indiana Humanities and Levi and Catharine Coffin State Historic Site. It is free to the public. FFC bus transportation will depart at 1:00 p.m. Sign up on bulletin board across from Main Dining Room.

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**Sunday, April 15th, 4:00 p.m.** *Earlham Chamber Music Spring Concert*
**Earlham College**
A much-loved Sunday afternoon chamber recital brings together Earlham’s instrumental ensembles, featuring String Quartet, Flute Choir, Woodwind Quintet and student soloists. FFC bus transportation will depart at 3:30 p.m. Sign up on bulletin board across from Main Dining Room.

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**Tuesday, April 17th, 2:00 p.m.** *Food for Thought: In the Kitchen*
**Garden Room**
A new activity for everyone: Food for Thought takes place in the kitchen, involves a variety of culinary tastes (& sampling!) with learning in mind. Whether tickling our networks to determine our favorites, learning about meals in a new country or the science of cooking, this is sure to be fun.

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**Thursday, April 19th, 6:00 p.m.** *Opening Minds through Art Show Opening & Reception*
**Community Room**
Visit with artists and more than 20 volunteers at the opening night of the Spring 2018 OMA Exhibit. One volunteer put it this way, “it’s really not about art, it’s about what’s most important in this life. Cherishing people.” See you at the spring show!

---

**Saturday, April 21st, 6:00 p.m.** *Rusty Ammerman’s Dimension of Illusion Show*
**Community Room**
Rusty, a magician, performs each year for “Lynn and Friends” at Christmastime. This hugely popular performer has been booked to bring his delightful and unforgettable talents to FFC.

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**Thursday, April 26th, 6:30 p.m.** *Tiny House Sustainable Living Program*
**Community Room**
Two Earlham seniors, Abby McCullough ’17 & Lily Fishleder ’17, constructed and spent the summer of 2016 in a tiny house, completely off the energy grid. Tiny houses are those under 500 sq. feet. Abby and Lily’s house is 256 sq. feet and is a professional example of the exciting and successful tiny house movement. Come meet these ingenious adults. Reception to follow.
What’s Happening in The Courtyards

Some say that we should slow down when we get older. Our friends in The Courtyards beg to differ!

We have enjoyed many fun things this past month! Visits from school children, St. Patrick’s Day fun, March Madness basketball, pet visits, music, creating fun snacks, birthdays and much more. The winter-spring Opening Minds through Art sessions are well under way. The small group or one-to-one art times have begun, albeit slowly. This activity may not happen every week but rest assured that the small OMA sessions are happening as often as we can make them. The project of chicken egg incubation/hatching has returned! This popular project is loved by all residents and staff. What fun to engage in such cute smallness. Bad moods? Forget them! We also look forward to more and more days outside—even if just a bit in the beginning as the weather turns warmer.

MARK YOUR CALENDARS:
April 19th at 6:00 p.m.—Opening Minds through Art Show Reception
May 12th at 12:00 p.m.—Mother’s Day Tea
We look forward to your visits.

Melissa Baxter, Life Enhancement Director and the Life Enhancement Team

News From The Marketing Department

Sell, sell, sell which leads to work, work, work for Wendy and me (and lots of others too)! Five of the six homes sold right away and the last one may or may not be sold. I should know very soon if it is available PLUS we will soon have one more home in Phase III to sell. This three-bedroom, two-car garage home with a Florida Room is a real jewel. The letter to our waiting list will go out sometime next week.

As I sit at my desk each morning hearing the pounding and hammering across the hall, I fear the day when they say, “We are ready to renovate your office Pam so it’s time to clean up and move out!” After 18 years in the same office, needless to say I had better start going through my piles sooner rather than later. BUT in the end we will love having new and improved offices, conference rooms, lobby, entrance, etc.

New ads for the newspaper are just around the corner. There is something new or at least new to me that I started using on February 16th. It is called “Alignable” and many area businesses are joining this small business network. You can refer businesses, make recommendations, or comment on past experiences—seems to be another type of marketing/referral tool that may just take off. As of 3/21 there are 144 local business members, 88 recommendations given, and 1,186 connections made!

Pam Merchanthouse
Vice President of Customer Service

April hath put a spirit of youth in everything. (Sonnet XCVIII)
— William Shakespeare
# Wellness Calendar

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<td>2</td>
<td>3:30 RR Stretch &amp; Movement: Beginner’s Yoga</td>
<td>3:30 RR Strength &amp; Balance</td>
<td>10:30 GR Be Fit Exercise</td>
<td>10:30 AR Chair Yoga</td>
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<td>Beginner’s Yoga is suspended until a lead instructor is in place.</td>
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<td>3:30 RR Strength &amp; Balance</td>
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<td>11:00 CY Chair Yoga</td>
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<td>10:30 GR Be Fit Exercise</td>
<td>10:30 GR Be Fit Exercise</td>
<td>10:30 RR Residents’ Choice</td>
<td>10:30 GR Be Fit Exercise</td>
<td>10:30 AR Chair Yoga</td>
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<td>3:30 RR Strength &amp; Balance</td>
<td>3:00 RR Ping Pong</td>
<td>3:30 RR Strength &amp; Balance</td>
<td>3:30 RR Strength &amp; Balance</td>
<td>11:00 CY Chair Yoga</td>
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<td>16</td>
<td>10:30 GR Be Fit Exercise</td>
<td>10:30 GR Be Fit Exercise</td>
<td>10:30 RR Basketball</td>
<td>10:30 GR Be Fit Exercise</td>
<td>10:30 AR Chair Yoga</td>
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<td>3:30 RR Strength &amp; Balance</td>
<td>3:00 RR Ping Pong</td>
<td>3:30 RR Strength &amp; Balance</td>
<td>3:30 RR Strength &amp; Balance</td>
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**Notes:**

- **AR**—Assembly Room
- **WR**—Wellness Room
- **RR**—Recreation Room
- **GR**—Garden Room
- **CR**—Community Room
- **P**—HHC Patio
<table>
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<tr>
<th>Sunday</th>
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<tr>
<td>Easter Sunday</td>
<td>Easter Monday</td>
<td>Great Courses</td>
<td>Trip to Meijer</td>
<td>Brain Games</td>
<td>Writers’ Group</td>
<td>Trip to Fountain Acres Variety Store</td>
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<tr>
<td>10:30 CR FFC Church</td>
<td>2:00 CR Bingo Social</td>
<td>10:00 LL LL 12:00 CR Ladies Luncheon 1:30</td>
<td>9:00 CR 10:30 RR Residents’ Choice Recreation Games 2:00 GR 6:30 LL</td>
<td>10:00 GR 2:00 LL 2:00 CR 2:00 HCD</td>
<td>10:00 S 10:00 AS Painting with Anita 2:00 GR</td>
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<tr>
<td>Lonnie Valentine</td>
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<td>Don &amp; Nancy Michel’s Orchid Open House*</td>
<td>Time Slips Stories After Dinner</td>
<td>Current Events 2:00 GR Paper &amp; Button Spring Crafts 6:30 HCD</td>
<td>Flower Power</td>
<td>Hangman</td>
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<tr>
<td>10:30 CR FFC Church</td>
<td>2:00 CR Bingo Social</td>
<td>Men’s Breakfast: *</td>
<td>Trip to Meijer 10:30 RR Residents’ Choice Recreation Games 2:00 CR 6:30 LL</td>
<td>Brain Games 2:00 LL 2:00 GR 6:30 HCD</td>
<td>Writers’ Group In the Kitchen: Chicks &amp; Grahams</td>
<td>Freedom Fighters Earlham College* 1:30</td>
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<td>Keith Kendall</td>
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<td>Great Courses</td>
<td>9:00 CR 10:30 RR Residents’ Choice Recreation Games 2:00 CR 6:30 LL</td>
<td>Players After Dinner</td>
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<td>2:00 GR Sunday Sundaes</td>
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<td>10:30 CR FFC Church</td>
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<td>Out to Lunch: Frisch’s Big Boy 2:00 CR</td>
<td>Great Courses Food for Thought In the Kitchen *</td>
<td>10:15 CY Richmond Friends School 2:00 LL 2:00 GR 2:00 OMA Show 6:30 HCD</td>
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Exercise Classes
- Y—Yoga
- CE—Chair Exercise
- SB—Strength & Balance
- MT—Muscle Toning
- RC—Resident Choice

CR—Community Room
HCC—Health Care Center

The Courtyards in April 2018