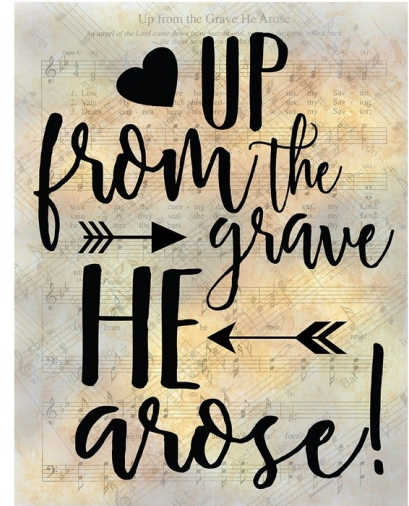


# Clemson Downs Newsletter

Shuttle Bus to Walmart in Central will be every Monday. Pick-up will be @ 2:00 pm in the apartment parking lot.



Shuttle Bus to Anderson will be the first Tuesday of every month. Pick-up will be @ 1:00 pm in the apartment parking lot.

Shuttle bus to Clemson/Central/Pendleton every Tuesday & Thursday Pick-up times are 10:00 am, 1:00 pm & 2:30 pm Pick-up in the apartment parking lot.



# *Recurring Events*

## Monday

9:30 am Standing Exercise Class

## Tuesday

9:30 am Standing Exercise Class

10:30 am Chair Yoga

1:15 pm Seated Exercise Class

## Wednesday

9:30 am Standing Exercise Class

2:15 pm GAPS in Motion  
(Parkinson's Exercise)

## Thursday

9:30 am Standing Exercise Class

1:15 pm Seated Exercise Class

## Friday

9:30 am Standing Exercise Class

10:30 am Seated Exercise Class

## Powerback Vitality Wellness

3rd Thursday @ 10:00 am  
Large Corley

**\*\*See the Health & Wellness page for more opportunities**

## Men's Coffee

Every Thursday  
@ 9:00 am Small Room

## Women's Coffee

Every Friday @ 9:30 am  
Small Room



# *Recurring Events*

## Wellness Clinic

Every Tuesday

@ 1:00 pm - 2:00 pm

Downstairs Corley

## The Great Courses

Monday & Wednesday

@ 10:30 am

Small Room

## Bingo

Every Monday @ 2:00 pm Upstairs Corley

## Bridge

Every Tuesday & Thursday @ 2:00 pm Small Room

## Card Group

Every Saturday @ 2:00 pm

## Music Club

1st, 2nd & 3rd Tuesday  
each month in the large  
Corley 2:00-3:00 pm

## Afternoon Movie

Every Friday

@ 2:00 pm

Upstairs Corley

## Peace Church UCC

Every Sunday

3:00 pm Large Corley

This is a progressive and open service  
[thepeacechurch.org](http://thepeacechurch.org)

## Fort Hill Presbyterian

1st Thursday @ 2:00 pm Large Corley

## 1st Baptist Clemson

2nd Monday @ 11:00 am Large Corley



# *Recurring Events*

## Fort Hill Bible Study

Monday, February 3rd @ 2:00 pm  
Small Corley

## Holy Trinity Episcopal

1st Wednesday @ 10:30 am  
Large Corley

## University Lutheran

3rd Wednesday @ 10:30 am  
Large Corley

## Clemson United Methodist

1st Thursday @ 10:00 am  
Large Corley

## Resident Council (Hall Reps)

2nd Tuesday @ 1:00 pm  
Jackson Room

## CARC Board Meeting

4th Thursday @ 1:00 pm  
Large Corley

## Communion with Deacon Rich

Every Friday 10:00 am—2:00 pm  
Call St. Andrews Catholic @  
654-1757 to schedule your time.

## POA Properties

1st Friday @ 11:00 am  
Small Room

## POA ARC

1st Tuesday @ 10:00 am  
Small Room

## POA Monthly

2nd Tuesday @ 2:00 pm  
Jackson Room

## Alzheimer's Support

1st Wednesday @ 2:00 pm  
Large Corley

## Bereavement

3rd Wednesday @ 2:00 pm  
Large Corley

## Parkinson's Peer Group

4th Thursday @ 3:30 pm  
Downstairs Corley





# Please sign up for all events.

Events are for residents only. If there is availability for a planned trip the POA would then be invited to join. Those trips will be marked with an arrow.

## Let The Shows Begin

**Tuesday, April 1<sup>st</sup>** Ziggy and Miles, guitar duo  
& Anthony Trionfo, flute FREE  
Depart at 6:45 pm



**Saturday, April 5<sup>th</sup>** Tigeroar and TakeNote  
\$10 – Depart at 6:45 pm



**Tuesday, April 8<sup>th</sup>** CU Symphony and Orchestra  
\$10 Depart at 6:45 pm



**Thursday, April 10<sup>th</sup>** CU Men's and Woman's Choirs  
\$10 – Depart at 6:45 pm







# Please sign up for all events.

Events are for residents only. If there is availability for a planned trip the POA would then be invited to join. Those trips will be marked with an arrow.

**Monday, April 14<sup>th</sup>** The Wolves

\$15 – Depart at 6:45



**Tuesday, April 15<sup>th</sup>** CU Jazz Ensemble

\$5 – Depart at 6:45 pm



**Friday, April 18<sup>th</sup>** CU Percussion Ensemble & Steel Band

\$10 – Depart at 6:45 pm



**Tuesday, April 22<sup>nd</sup>** CU Symphonic & Concert Bands

\$5 – Depart at 6:45 pm



**Tuesday, April 24<sup>th</sup>** CU Singers and Cantorei

\$10 – Depart at 6:45 pm





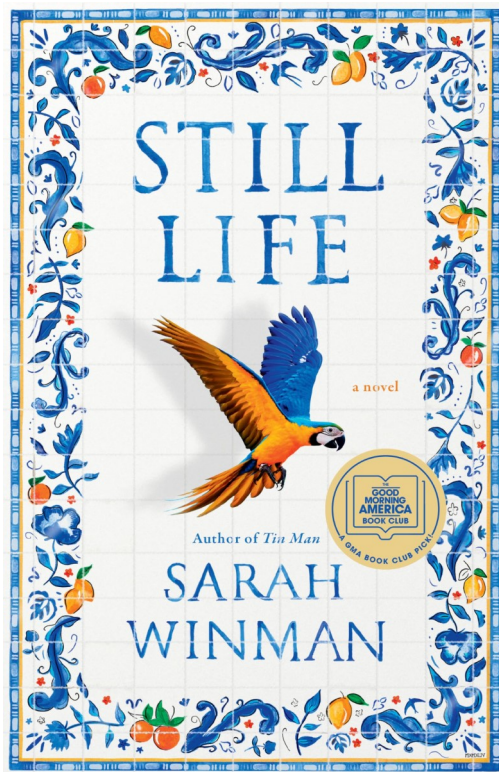
# Please sign up for all events.

Events are for residents only. If there is availability for a planned trip the POA would then be invited to join. Those trips will be marked with an arrow.

**Wednesday, April 16<sup>th</sup> - Book Club**

**Still Life by Sarah Winman**

3:00 pm Small Room





**Weekly Movie's**  
**Time: 2:00 pm**  
**Every Friday**  
**Upstairs Corley**



**Friday, April 4<sup>th</sup>**

**Hope Springs**

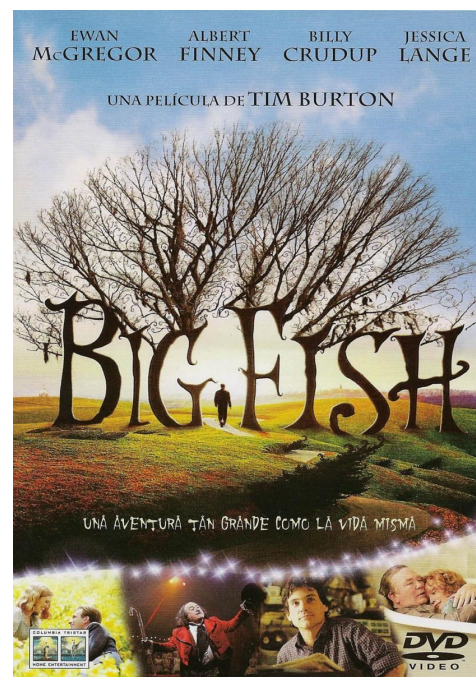
Long-married couple Kay (Meryl Streep) and Arnold (Tommy Lee Jones) love each other, but after so many years together, Kay feels the need to spice things up and reconnect with her husband. Hearing of a renowned marriage counselor (Steve Carell) in the town of Great Hope Springs, Kay manages to persuade her stubborn mate to attend a retreat with her. As they shed their bedroom hang-ups, Kay and Arnold find that the real challenge is reigniting the spark that originally brought them together. 2012–1hr 40min–PG13



**Friday, April 11<sup>th</sup>**

**Big Fish**

When Edward Bloom (Albert Finney) becomes ill, his son, William (Billy Crudup), travels to be with him. William has a strained relationship with Edward because his father has always told exaggerated stories about his life, and William thinks he's never really told the truth. Even on his deathbed, Edward recounts fantastical anecdotes. When William, who is a journalist, starts to investigate his father's tales, he begins to understand the man and his penchant for storytelling. 2003–2hr 5min- PG13





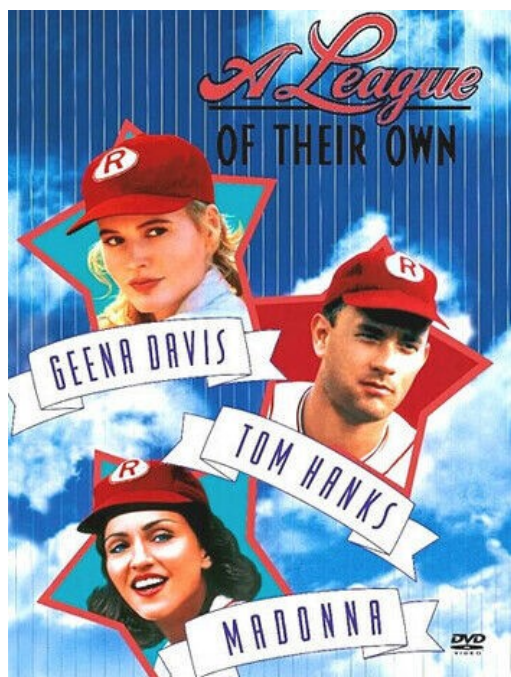
# Weekly Movie's Time: 2:00 pm Every Friday Upstairs Corley



Friday, April 18<sup>th</sup>

## A League of Their Own

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates. 1992–2hr 8min–PG

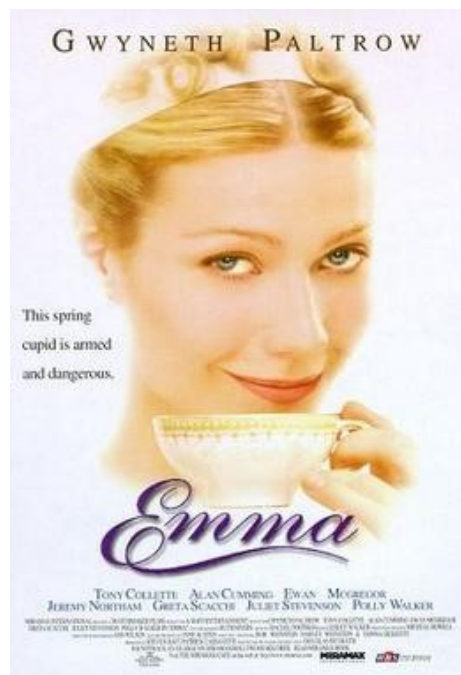


Friday, April 25<sup>th</sup>

## Emma

In this adaptation of Jane Austen's classic novel, pretty socialite Emma Woodhouse (Gwyneth Paltrow) entertains herself by playing matchmaker for those around her. Her latest "project" is Harriet Smith, an unpretentious debutant, while Emma herself receives the attentions of the dashing Frank Churchill (Ewan McGregor). However, Emma's attempts at matchmaking cause more problems than solutions and may ultimately jeopardize her own chance at love and happiness.

1996–2hrs 1min–PG





Jerry Kantrovich



# health & wellness

\*Standing Exercise Classes Monday-Friday at 8:40 am.

\*Mostly Standing Exercise Class Monday—Friday at 9:30 am.

\*Seated Exercise Class Monday & Friday at 1:15 pm.

\*Chair Yoga Tuesday at 10:30 am.

\*GAPS in Motion-Parkinson's exercise class every  
Wednesday @ 2:15 pm.

\*Wellness Clinic with Clarice every Tuesday 1:00 pm-2:00 pm  
Free Blood Pressure Checks







# Music Listening Schedule for April



Upstairs Corley 2:00—3:00

## **Tuesday, April 1<sup>st</sup>**

Music for Spring

The Last Spring, by Edvard Grieg

Symphony No. 6, Pastoral, by Beethoven

## **Tuesday, April 8<sup>th</sup>**

Two Birds with One Stone

The Firebird, ballet by Igor Stravinsky

The Swan, by Camille Saint-Saens

## **Tuesday, April 15<sup>th</sup>**

Music for Chorus and Orchestra

Four Sacred Pieces, by Giuseppe Verdi



# HAPPY BIRTHDAY



Lois Burger

Jean Doerr

Jerry Kantrovich

Mary Campbell

Karen Sconce

Sybil Fanning

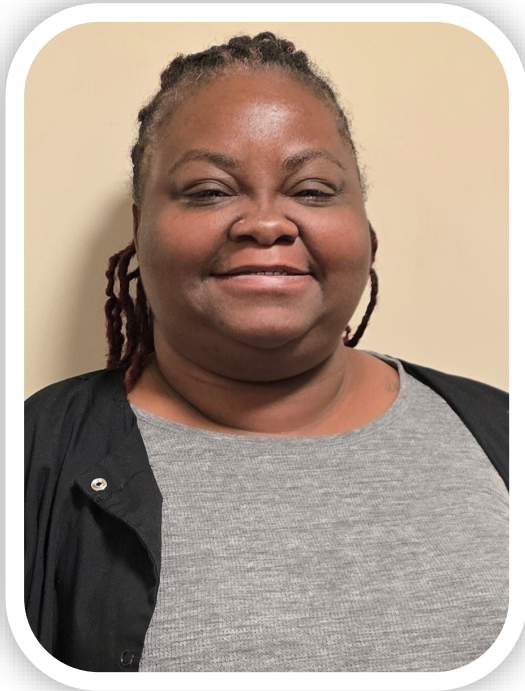
Sue Reneke

John Davis

# APRIL



# EMPLOYEE OF THE MONTH



Direct Care Employee Of  
The Month:  
Necole Hickson



Non-Direct Care Employee  
Of The Month:  
Roger Gambrell





# HAPPY WORK ANNIVERSARY!

*For the month of April*



Tiffaney Jones

Angela Whitfield

Kayla Henderson

Amber Patterson

Mary Lee

Pete Scott

Joann Mayfield

Christian Cannon

Shane Hall

Jennifer Rowland

Alyssa Crooks

Nancy Lee

Zoe Nicholson

Miranda Martin

Be sure to take a moment to congratulate these employees for their years of service.





# April

## Word Search

R	T	U	Z	Y	A	R	A	B	B	I	T
P	A	P	R	I	L	F	O	O	L	S	R
U	E	I	O	D	J	A	C	K	E	T	A
E	M	A	X	E	P	E	I	S	Q	O	I
O	G	Z	L	A	W	R	M	A	U	E	N
E	R	G	S	R	G	C	L	Q	F	P	B
S	A	R	S	T	O	H	J	B	B	U	O
P	B	A	D	H	S	I	M	R	E	D	W
R	U	S	I	D	W	C	L	O	U	D	S
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N	D	B	B	Y	I	S	P	M	U	E	A
G	U	A	T	U	L	I	P	S	X	S	O

RAINBOWS

EGGS

RABBIT

EARTH DAY

CLOUDS

CHICKS

APRIL FOOLS

GRASS

SPRING

TULIPS

JACKET

PUDDLES

