

The Grand Lifestyle!

SAMPLE

Hillcrest
Country Estates
GRAND LODGE

Lifestyle Experience
Examples Inside

SOCIAL EVENTS

● **Wed., April 8**

7:00 p.m.

(Cheers Pub)

Meet the Mixologist

Mixology is the art or skill of preparing mixed drinks and a mixologist is a person who studies mixology. Join Mixologist Eric Booth as he prepares beautiful, delicious, and seasonal cocktails.



● **Sun., May 17**

6:00 p.m.

(Club Room)

Fabulous 50's Party & Ice Cream Social

6:00 - 7:00 Ice Cream Social

7:00 - 8:00 Guys and Gals,

let's hit the dance floor!

Put on those blue suede shoes and get ready to rock around the clock. Be there or be square!

To sign up for this event, please call 000-0000.

● **Sat., June 20**

6:00 p.m.

(Fireside Courtyard)

Caribbean Experience

Join us for a tropical trip to the Caribbean. Kick off summer and enjoy a festive atmosphere amid the resort-style backdrop of the Grand Lodge. Listen to the soothing sounds of *One Love Steel Drum Band* and sample traditional island fare, while you mingle with your neighbors.

To sign up for this event, please call 000-0000.



BOOK CLUB



● Every Sunday

2:00 p.m. (Library)

Join the Grand Lodge Book Club for an enjoyable get together to discuss the book of the month.

APRIL BOOK OF THE MONTH:

“Gone Girl” by Gillian Flynn

Husband-of-the-year Nick Dunne parades an endless series of lies, deceits, and inappropriate behavior following the disappearance of his wife Amy.



MAY BOOK OF THE MONTH:

“The Queen’s Gambit” by Elizabeth Fremantle

“The one who survived...” Katherine Parr, the sixth wife of Henry VIII, walks a fine line between passion and loyalty. Historical Fiction.

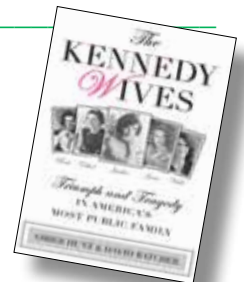


JUNE BOOK OF THE MONTH:

“The Kennedy Wives: Triumph and Tragedy in America’s Most Public Family”

by Amber Hunt & David Batcher

“The Kennedy Wives” takes an unflinching look at the women who married into the Kennedy family and their distinct roles. Rose, the matriarch; Ethel, the athlete; Jackie, the icon; Joan, the fragile beauty; and Vicki, the redeemer.



LIFELONG LEARNING

● Mon., April 13

6:00 p.m.

(Grand Hall)

Asia & Africa Trip

Wildlife photographer Ken Conger will present several spectacular photos captured during his 2014 adventures to Borneo, Sulawesi, India, Sri Lanka and Kenya. Ken compliments his photos with stories, animal facts, audio and short videos.



● Fri., May 15

1:00 p.m.

(Conference Room)

How to Pinterest

Pinterest, is that a real word? It is! Pinterest is an online pin board, a visual take on the social bookmarking site. Content shared on Pinterest is driven entirely by visuals. In fact, you can't share something on Pinterest unless an image is involved. Join us and learn how to navigate your way through creating, pinning, and managing a Pinterest board.



To sign up for this event, please call 000-0000.

● Fri., May 22

3:00 p.m.

(Hobby Shop)

Beginning Stained Glass Workshop

Learn the rewarding and beautiful craft of stained glass. This workshop will teach you all the skills and techniques you'll need to be able to build your own custom stained glass project.

To sign up for this event, please call 000-0000.



● **Tues., June 9**

2:00 p.m.

(Hobby Shop)

Create a Terrarium

Bring spring indoors as you capture a small piece of earth with selected soil, plants and flowers to create your own terrarium to enjoy in your home.

To sign up for this event, please call 000-0000.



● **Mon., June 15 (Part 1)**

Mon., June 22 (Part 2)

6:30 p.m. - 8:00 p.m.

(Cinema)



MAKERS: Women Who Make America tells the remarkable story of the most sweeping social revolution in American history, as women have asserted their rights to a full and fair share of political power, economic opportunity, and personal autonomy.

MAKERS brings this story to life with priceless archival treasures and poignant, often funny interviews with those who led the fight, those who opposed it, and those first generations to benefit from its success. Trailblazing women like Hillary Rodham Clinton, Ellen DeGeneres and Oprah Winfrey share their memories, as do countless women who challenged the status quo in industries from coal mining to medicine. Makers captures with music, humor, and the voices of the women who lived through these turbulent times the dizzying joy, aching frustration and ultimate triumph of a movement that turned America upside-down.

ENTERTAINMENT

● Sun., April 5

4:00 p.m.

(Grand Hall)

River City Ringers *The Art of Handbell Ringing*

Since 1988, the choirs have rung for various events in the Omaha Metropolitan area. The choirs have also rung at weddings and holiday events and offer seasonal and spring concerts throughout the year.

For tickets to this event, please call 000-0000.



● Sun., May 16

4:00 p.m.

(Oasis Patio)

Performance by **Heidi Beran**

Enjoy this Spring concert with classical music outside on the Oasis Patio.

For tickets to this event, please call 000-0000.

● Sat., June 20

6:00 p.m.

(Grand Hall)

St. Cecilia's **Musical Keys**

We welcome St. Cecilia's into the Grand Lodge community for a performance by their piano students ranging in age from 5 to 12 years old! Make sure you mark this event in the Grand Hall on your calendar. It is sure to be a memorable evening.

For tickets to this event, please call 000-0000.



● Sun., June 28

7:00 p.m.

(Grand Hall)

The Heritage of America Concert Band will play American favorites and patriotic tunes.

For tickets to this event, please call 000-0000.

SPIRITUAL

● **Wednesdays**

2:00 p.m.

(Library)

Bible Study
led by Chaplain Jerry



● **Sundays**

2:00 p.m.

(Grand Hall)

Church Service
presented by Lifespring
Church

● **Saturdays**

5:00 p.m.

(Grand Hall)

Catholic Worship



PHYSICAL HEALTH

- **Monday through Friday**
10:00 a.m.
(Island Oasis Pool)

Aqua Aerobics

Join us for a low impact and moderate intensity level class. You can expect a great aerobic workout in our warm saltwater pool.



- **Monday through Friday**
10:00 a.m.
(Island Oasis Pool)

Aqua Arthritis (Arthritis Foundation Aquatic Program)

Arthritis Foundation Aquatic Program classes are meant to keep your joints and muscles moving and healthy. Benefits include improvement in joint flexibility, strength, and physical health.



- **Monday through Friday**
10:00 a.m.
(Aerobics Room)

Yoga 4 Everyone

Heather looks forward to welcoming you to yoga class. Heather is a certified yoga instructor trained in Hatha Yoga techniques. Hatha yoga is most often used to describe gentle, basic classes with no flow between poses. A Hatha class will likely be a slow-paced stretching class with some simple breathing exercises. This is a good place to learn beginners' poses, relaxation techniques, and become comfortable with yoga.



WELLNESS

- **Monday through Friday**
2:00 p.m.
(Aerobics Room)

Balance/Agility

A moderate impact and moderate intensity class for strength and fitness. Improve balance and agility to gain or maintain the speed for an active lifestyle.

- **Monday through Friday**
2:00 p.m.
(Aerobics Room)

Tai Chi

The movement is slow, graceful, and fluid. The effort is almost undetectable. Tai Chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures that create a kind of synchronized dance. A safe, easy to learn class improving the mind, body, and spirit!

- **Fri., April 24**
2:00 p.m.
(Aerobics Room)

The Art of Mindfulness

Mindfulness is the energy of being aware and awake to the present moment. You won't want to miss a wonderful discussion with a seasoned yoga instructor who brings over 30 years of experience to her teaching. The instructor is nationally recognized for using yoga and meditation techniques to help reverse heart disease in hospital sites around the country. This is an exciting opportunity to unlock the mystery of meditation and learn how it can be useful in your life.

To sign up for this event, please call 000-0000.



- **Tuesdays in MAY**
2:00 p.m.
(Aerobics Room)

May is Mental Health Month

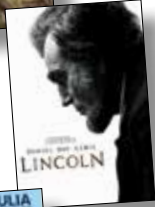
Using the space between your ears and behind your eyes will help deter mental loss. During the month of May there will be a class designed to help you exercise the brain just like you exercise your body. Brain fitness exercises are not just solving puzzles or reading books; they can be riding a bicycle and taking a jog. Keeping your body healthy, at any age, is one of the best ways to keep your brain healthy. Brain fitness exercises can strengthen your brain as they strengthen your body.

To sign up for this event, please call 000-0000.

MOVIES EVERY MONDAY AT 7:00 P.M. IN THE CINEMA



- **April 6** “*The Theory Of Everything*” — Eddie Redmayne
A look at the relationship between the famous physicist Stephen Hawking and his wife.



- **April 13** “*Lincoln*” — Daniel Day-Lewis and Sally Field
As the Civil War continues to rage, America’s president struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on the decision to emancipate the slaves.



- **April 20** “*Larry Crowne*” — Tom Hanks and Julia Roberts
After losing his job, a middle-aged man reinvents himself by going back to college.



- **April 27** “*St. Vincent*” — Bill Murray and Melissa McCarthy
A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.



- **May 4** “*The Judge*” — Robert Downey and Robert Duvall
Big city lawyer Hank Palmer returns to his childhood home where his father, the town’s judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.



- **May 11** “*Philomena*” — Judi Dench and Steve Coogan
A world-weary political journalist picks up the story of a woman’s search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.



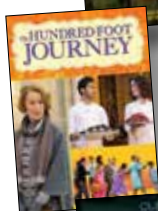
- **May 18** “*Boyhood*” — Patricia Arquette and Ethan Hawke
The life of Mason, from early childhood to his arrival at college.



● **May 25** “*American Sniper*” — Bradley Cooper and Sienna Miller
Navy SEAL sniper Chris Kyle’s pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home to his wife and kids after four tours of duty, however, Chris finds that it is the war he can’t leave behind.



● **June 1** “*The Monuments Men*” — George Clooney and Matt Damon
An unlikely World War II platoon is tasked to rescue art masterpieces from Nazi thieves and return them to their owners.



● **June 8** “*The Hundred-Foot Journey*” — Helen Mirren and Om Puri
The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory’s Michelin-starred eatery.



● **June 15** “*Trouble with the Curve*” — Clint Eastwood and Amy Adams
An ailing baseball scout in his twilight years takes his daughter along for one last recruiting trip.



● **June 22** “*Bobby Jones, Stroke of Genius*” — Jim Caviezel
Jim Caviezel stars as golf legend Bobby Jones, the icon who retired from competition at the tender age of 28.



● **June 29** “*Selma*” — David Oyelowo and Tom Wilkinson
A chronicle of Martin Luther King’s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

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