

APRIL 2026

G
THE GOLDTON
 AT LAKE NONA

(321)850-2790
 9682 Lake Nona Village PL
 Orlando, FL 32827

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Location Key
 Activity Room-AR
 Red writing -Bus Trips
 Dining Hall - DH
 Entertainment
 Special



1
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
10:30 Publix
 11:00 Corn Hole
 1:30 Bingo
 3:00 Happy Hour Social
 7:00 Movie

2
 10:00 Chair Yoga
 10:30 Trivia
11:00 Mission BBQ \$20
 10:30 Mr. K's
 1:30 STEM Class
 3:00 Tunes & Stroll
 4:00 Corn Hole

3
 10:00 Low Impact Cardio
 10:00 Praying with Rosey
 10:30 Trivia
 1:30 Getting to know you
3:00 Happy Hour ENT Dave Hart
 7:00 Resident lead Games

4
 10:00 Painting
 11:00 Ax Throwing
 2:00 Bingo
 1:30 Trivia
 3:30 Movie
 7:00 Resident lead Games

5
 9:30 Low impact Cardio
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long
 4:00 Corn Hole
 7:00Resident Lead Chat

6
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Bingo
 3:00 Choir
 4:00 Family Feud
 7:00 Resident lead games

7
 10:00 Low Impact Cadio
 10:30 Trivia
 1:30 Bible Study
 3:00 Baking
4:00 The G General Store Grand Opening

8
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
10:30 Walmart
 11:00 Corn Hole
 1:30 Bingo
3:00 Happy Hour ENT Nathan Scott
 7:00 Movie

9
 10:00 Chair Yoga
10:00 Central FL Zoo \$20
 10:30 Trivia
 1:30 STEM Class
 3:00 Arts & Crafts
 4:00 Hangman
 7:00Resident Lead Games

10
 10:00 Low Impact Cardio
 10:00 Praying with Rosey
 10:30 Trivia
11:00 Portillo's \$12
 3:00 Happy Hour Social
 7:00 Resident lead Games

11
 10:00 Painting
 11:00 Ax Throwing
 2:00 Bingo
 1:30 Trivia
 3:30 Movie
 7:00 Resident lead Games

12
 9:30 Low impact Cardio
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long
 4:00 Ax Throwing
 7:00Resident Lead Chat

13
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Fancy Goldton Nails
 3:00 Choir
 4:00 Family Feud
 7:00 Resident lead games

14
 10:00 Low Impact Cadio
 10:30 Trivia
10:00 Water Exercise
 1:30 Bible Study
 3:00 Baking
 4:00 Word in Word

15
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
10:30 Target
 11:00 Corn Hole
 1:30 Bingo
3:00 Happy Hour ENT Andy Costantini
 7:00 Movie

16
 10:00 Chair Yoga
 10:30 Trivia
11:00 Crazy Buffet \$20
 1:30 STEM Class
 3:00 Tunes & Stroll
 4:00 Corn Hole
 7:00Resident Lead Games

17
 10:00 Low Impact Cardio
 10:00 Praying with Rosey
 10:30 Trivia
10:30 Movie Theater \$25
 7:00 Resident lead Games

18
 10:00 Painting
 11:00 Ax Throwing
 2:00 Bingo
 1:30 Trivia
 3:30 Movie
 7:00 Resident lead Games

19
 9:30 Low impact Cardio
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long
 4:00 Corn Hole
 7:00Resident Lead Chat

20
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Bingo
 3:00 Choir
 4:00 Family Feud
 7:00 Resident lead games

21
 10:00 Low Impact Cadio
 10:30 Trivia
 1:30 Bible Study
2:30 Park Trip (Free)
 3:00 Baking
 4:00 The G General Store

22
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
10:30 Publix
 11:00 Corn Hole
 1:30 Bingo
 3:00 Happy Hour Social
 7:00 Movie

23
9:30 Scenic Boat Tour \$20
 10:00 Chair Yoga
 10:30 Trivia
 1:30 STEM Class
 3:00 Arts & Crafts
 4:00 Hangman
 7:00Resident Lead Games

24
 10:00 Low Impact Cardio
 10:00 Praying with Rosey
 10:30 Trivia
 1:30 Family Feud
3:00 Happy Hour ENT Mariangel Cestari
 7:00 Resident lead Games

25
 10:00 Painting
 11:00 Ax Throwing
 2:00 Bingo
 1:30 Trivia
 3:30 Movie
 7:00 Resident lead Games

26
 9:30 Low impact Cardio
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long

27
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Bingo
 3:00 Choir
 4:00 Family Feud
 7:00 Resident lead games

28
 10:00 Low Impact Cadio
10:00 Water Exercise
11:00 Residents Council
 1:30 Bible Study
2:30 Park Trip (Free)
 3:00 Baking
 4:00 Word in Word

29
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
10:30 Dollar Tree
 11:00 Corn Hole
 1:30 Bingo
 3:00 Happy Hour Social
 7:00 Movie

30
 10:00 Chair Yoga
 10:30 Trivia
11:00 Five Guys \$20
 1:30 STEM Class
 3:00 Tunes & Stroll
 4:00 Corn Hole
 7:00Resident Lead Games

