Adult Care Center
Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	**2**
9:00				Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Say Something Nice Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword
10:00				Drum Circle: Find your rhythm/ Puzzles or Word Find	Name That Tune Puzzles or Word Find
11:00				Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00-1:45				Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00				Karaoke/ Jenga Game	Penny Aunti/ Expressive Art: Art Appreciation
3:00				Refreshments	Refreshments
3:30				Trivia/ 100 or Bust	Friday Frolic
4:30				Piano Appreciation/ Relaxing Conversation	Friday Frolic/ Relaxing Conversation
	5	**6**	**7**	**8**	**9**
9:00	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Moonshine Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **D-Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Chocolate Ice Cream Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Best Friends Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword
10:00	Music & Spirituality/ Puzzles or Word Find	Expressive Art/ Tea Party	Old Time Memory/ Game of Choice	Drum Circle/ Puzzles or Word Find	Music & Spirituality/ Game of Choice
11:00	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00	Guitar Playing/ What is your life story? (Life Stories)	Create your own music (Chimes)/ Movie star: Hangman (smart board)	Bingo Game/ Music Ball/ Sewing Group	Karaoke/ Game of Choice	Expressive Art/ UNO Game
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Tai -Chi/ Headbandz	Devotion/ Bean Bag Toss	Midweek Matinee	Trivia/ Connect 4	Friday Frolic
4:30	Piano Appreciation/ Relaxing conversation	Piano Appreciation/ Relaxing Conversation	Midweek matinee	Piano Appreciation/ Relaxing Conversation	Piano Bar & Relaxation

	12	13	14	15	16
9:00	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Peanut Butter Cookie Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Flag Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Smile Power Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **We Wish You A Happy Father's Day**
10:00	Music & Spirituality/ Puzzles or Word Find	Expressive Art/ Tea Party	Old Time Memory/ Puzzles or Word Find	Drum Circle/ Puzzle or Word Find	Music & Spirituality/ Puzzles or Word Find
11:00	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00	Q-Chord/ Life Stories	Shake with your friends in Chimes/ BINGO	Sewing Group/ Music Group/ Game of Choice	Expressive Art/ Penny Ante Game	Enjoy fresh air with friends: Outdoor Activity/ Game of Choice
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Tai – Chi/ 100 or Bust	Music Performance/ Name that tune	Midweek Matinee	t	Friday Frolic
4:30	Piano Bar & Relaxation/ Relaxing Conversation	Piano Bar & Relaxation/ Relaxing Conversation	Midweek Matinee	Piano Bar & Relaxation/ Relaxing Conversation	Piano Bar & Relaxation
	19	**20**	**21**	**22**	**23**
9:00	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Ice Cream Soda**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Blueberry Cheesecake Day**
10:00	Music & Spirituality/ Puzzles or Word Finding	Make your masterpiece in Expressive Art/ Tea Party	Old Time Memory/ Puzzles or Word Find	Get Upbeat: Drum Circle/ Puzzles or Word Find	Music & Spirituality/ Puzzles or Word Find
11:00	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00	Q-Chord/ Life Stories	Sounds from Heaven Chimes Group/ BINGO Game	Music Ball/ Sewing Group/ Game of Choice	Expressive Art/ Game of Choice	Rock it! Karaoke/ Hand Massage
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Tai Chi/ Headbandz	Devotion/ Connect 4/ Conversation Ball	Midweek Matinee	Trivia/ Hangman	Friday Frolic
4:30	Piano appreciation/ Relaxing Conversation	Piano appreciation/ Relaxing Conversation	Midweek Matinee	Article Reading with Elaine	Piano Bar & Relaxation
	26	**27**	**28**	**29**	**30**
9:00	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Chocolate Pudding Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **Happy Birthday Mary Lou! National Sunglasses Day**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **Happy Birthday Betty E.!**	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword **National Meteor Watch Day**
10:00	Music & Spirituality/ Puzzles or Word Find	Tea Party/ Choose your color in Expressive Art	Old Time Memory/ Puzzles or Word Find	Upbeat Time: Drum Circle/ Puzzles or Word Find	Music & Spirituality/ Game of Choice
11:00	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation

2:00	Music Sharing/ Life Stories	Chimes Group/ I need that number!! (Bingo Game)	Music Group/ Aromatherapy	Enjoy fresh air with friends: Outdoor Activity	Happy Birthday Karaoke with Root Beer Social
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Tai Chi/ Hangman (smart board)	Name that person/ 100 or Bust	Midweek Matinee	Trivia: Name That State/ Headbandz Game	Friday Frolic
4:30	Piano Appreciation/ Relaxing Conversation	Piano Appreciation/ Relaxing Conversation	Midweek Matinee	Piano Appreciation/ Relaxing Conversation	Piano Appreciation/ Relaxing Conversation

April is:

- Adopt A Shelter Cat Month
- Child Vision Awareness Month
- Children's Awareness Month
- Dairy Month
- Fireworks Safety Month
- Great Outdoors Month
- National Seafood Month
- National Smile Month (From May 18 to June 17)
- National Soul Food Month
- National Steakhouse Month
- Perennial Gardening Month
- National Candy Month
- National Flag Month
- National Fresh Fruit and Vegetables Month
- National Hunger Awareness Month
- National Iced Tea Month
- National Papaya Month (also, again in September)
- National Rivers Month
- National Rose Month
- National Safety Month

Participants Choice

Jigsaw Puzzles

Crossword/Word Search

Hand Massage

Reminisce

Indoor/Outdoor Walks (depending on temperature)

Nail Care

Music & Memory

Offered throughout the day to ensure person centered care

Exercise & Wellness Groups:

2 choices are offered to participants on a daily basis

Core Focus: Body Blades

Kinect Group: Selected games focus on eye-hand coordination & static/ dynamic balance

Upper Body: Weight lifting
Medicine Balls
Thera band
Hand Grippers

Wellness (Mind & Body):
Tai Chi

Lower Extremity:
Virtual Cycling Club

Active ROM: Parachute
Fun band
Armchair Exercise