

## Adult Care Center Activity Calendar



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword <b>National 2 Different Color Shoes Day</b>	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword <b>Birthday Party</b>	<b>CLOSED APPLE BLOSSOM</b>
10:00	Create your own rhythm (Drum Circle) Puzzles or Word Find	Expressive Art/ UNO	Music Ball Group/ Jenga Game	Music & Spirituality/ Puzzles or Word Find	
11:00	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	
2:00	Fortune Music Share your story! (Life Stories)	Chimes in May Win a prize in BINGO	Music: Song discussion Sewing Group/ Penny Ante Game	Sunshine Party (Outdoor activity)	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30	Tai – Chi/ Headbandz Game	Devotion/ Hangman on the smartboard	Midweek Matinee	Trivia/ Show your skills in Bean Bag Toss	
4:30	Piano Appreciation/ Relaxing Conversation	Piano Appreciation/ Relaxing Conversation	Midweek Matinee	Piano Appreciation/ Relaxing Conversation	
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword <b>National Have A Coke Day</b>	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword <b>National Clean Up Your Room Day</b>	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword
10:00	Drum Circle/ Puzzles or Word Find	Expressive Art/ Tea Party	Name That Tune/ Game of Choice	Music & Spirituality/ Puzzles or Word Find	Intergenerational/ 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/ Group Story Sharing	Chimes Group/ Hangman on the smartboard	Music Ball/ Sewing Group/ Headbandz Game	Have fun in Art/ BINGO Game/ Round Table Talking	Enjoy A Hand Massage/ You can be a SUPERSTAR Karaoke
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Tai – Chi/ 100 or Bust	Who is he/she? -Name that person/ Ring Toss	Midweek Matinee	Trivia/ Conversation Ball	Friday Frolic
4:30	Piano Appreciation/ Relaxing conversation	Piano Appreciation/ Relaxing Conversation	Midweek matinee	Piano Appreciation/ Relaxing Conversation	Piano Bar & Relaxation

	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword <b>National Love A Tree Day</b>	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword
10:00	Get upbeat with us in Drum Circle/ Puzzles or Word Find	Make your masterpiece in Expressive Art/ Tea Party	Summer A-Z/ Hangman	Music & Spirituality/ Puzzles or word finding	Intergenerational/ Jenga Game
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/ Hand Massage	Shake with your friends in Chimes/ BINGO with Alice	Sewing Group/ Music Group	Karaoke/ Scrabble/ Crossword	Expressive Art/ Find your inner peace with chair yoga
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Tai – Chi/ 100 or Bust	Devotion/ Bean Bag Toss	Midweek Matinee	Trivia/ Thursday Bowling/ Evening iPad	Friday Frolic
4:30	Piano Bar & Relaxation/ Relaxing Conversation	Piano Bar & Relaxation/ Relaxing Conversation	Midweek Matinee	Piano Bar & Relaxation/ Relaxing Conversation	Piano Bar & Relaxation
	<b>22</b>	<b>23</b>	<b>24</b>	<b>23</b>	<b>26</b>
9:00	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword <b>National Blueberry Cheesecake Day</b>
10:00	Drum Circle/ Puzzles or Word Find	Expressive Art/ Tea Party	Morning Sing Along/ Puzzles/ Word Find	Music & Spirituality/ Puzzles/ Word Find	Intergenerational/ 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	Q-Chord/ Life Stories	Sounds from Heaven Chimes Group/ BINGO Game	Music Ball/ Sewing Group/ Game of Choice	Enjoy the breeze, sunshine and music outdoor activity	Rock it! Karaoke/ Hand Massage
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	100 or Bust/ Tai Chi	Trivia/ Headbandz	Midweek Matinee	Name that person/ Bean bag toss	Friday Frolic
4:30	Piano appreciation/ Relaxing Conversation	Piano appreciation/ Relaxing Conversation	Midweek Matinee	Article Reading with Elaine	Piano Bar & Relaxation
	<b>29</b>	<b>30</b>	<b>31</b>		
9:00	<b>CLOSED MEMORIAL DAY</b>	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword <b>National Water a Flower Day</b>	Participants Choice: Puzzles, Hand Massage, Word Find/Crossword		
10:00		Tea Party/ Choose your color in Expressive Art	Music Group/ 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		Chimes Group/ I need that number! BINGO Game	Aromatherapy/ Game of Choice		
3:00		Refreshments	Refreshments		

3:30		Devotion w/ Karen/ Make your line in Connect 4	Midweek Matinee		
4:30		Piano Appreciation/ Relaxing Conversation	Midweek Matinee		

**April is:**

- **Date Your Mate Month**
- **Foster Care Month**
- **National Barbecue Month**
- **National Bike Month**
- **National Blood Pressure Month**
- **National Hamburger Month**
- **National Photograph Month**
- **National Recommitment Month**
- **National Salad Month**
- **Older Americans Month**

**Weekly Celebrations:**

- **Nurse's Week - first full week of month**
- **Wildflower Week - week two**
- **National Bike Week - third week**
- **National Police Week - third week of month**
- **Emergency Medical Services Week - fourth week of month**

<p><b><u>Participants Choice</u></b></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Hand Massage</p> <p>Reminisce</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Nail Care</p> <p>Music &amp; Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><b><u>Exercise &amp; Wellness Groups:</u></b></p> <p>*2 choices are offered to participants on a daily basis*</p> <p>Core Focus: Body Blades</p> <p>Kinect Group: Selected games focus on eye-hand coordination &amp; static/ dynamic balance</p> <p>Upper Body: Weight lifting Medicine Balls Thera band Hand Grippers</p> <p>Wellness (Mind &amp; Body): Tai Chi</p> <p>Lower Extremity: Virtual Cycling Club</p> <p>Active ROM: Parachute Fun band Armchair Exercise</p>
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