



**HAPPY BIRTHDAY
ALL APRIL BIRTHDAYS**

4/1 – Tuesday

APRIL FOOLS DAY

10:00 am – Morning Stretches
11:00 am – Gardening Crafts version
1:00 pm - Write a memory from childhood
2:00 pm - Call a family member or friend
5:30 pm -Music Down Time

4/2 – Wednesday

9:00 am-Morning Chair Exercise (30mins)
10:30 am -Coffee & Chat Social Hour
1:30 pm - Blast to the Past
3:00 pm - Crossword Puzzles
5:00 pm - Classic Movie Night & Popcorn

4/3 – Thursday

Doctors Appointments (activities may vary)
9:00 am–Morning Music & Breakfast
10:30 am - Write a letter (or email) to a loved one
1:30 pm -Organize a small photo album
2:00 pm - Practice deep breathing exercises
5:30 pm-Watch a nature documentary

4/4 – Friday

Activities may vary due to resident outing (10:00 – 12:00)
9:30 am - Gentle fitness
11:00 am - Memory Lane Discussion (sharing old photos)
2:00 pm - Decorative Flower Arrangement workshop
5:00 pm - Word Search Puzzles

4/5 – Saturday

Staff:
10:00 - Gentle Exercise or Crafting
1:00 -Volunteer work or Brain games
3:00 - Reading or In2l Bible study or videos
4:00 - Nature Walk

4/6 – Sunday

Staff:
10:00 - Gentle Exercise or Crafting
1:00 -Volunteers work or Brain games
3:00 - Reading or In2l Bible study or videos
4:00 - Nature Walk
Switch Activities Around Different Days During the Weekend, Thank You

4/7 – Monday

10:00 am – Morning Exercises
11:00 am - Gardening (light tasks)
1:00 pm - Write a memory from childhood
2:00 pm - Call a family member or friend
5:30 pm- Resident Choice of Music (Relax Time)

4/8 – Tuesday

9:00 am - Stretching Session & Tea or Coffee (30mins)
10:30 am–Snack & Chat Social Hour
1:30 pm - Blast to the Past
3:00 pm - Group Crossword Puzzle
5:00 pm - Classic Movie Night

4/9 – Wednesday

9:30 am - Morning walk (30 mins)
10:00 am - Stretching exercises
1:00 pm - Coloring Therapy
3:00 pm - Listening to classic music and snacks
5:30 pm - Evening gratitude journaling

4/10 – Thursday

Doctors Appointments (activities may vary)
9:00 am - Dance to favorite music for 20 minutes
10:30 am - Write a letter (or email) to a loved one
1:30 pm - Organize a small photo album
2:00 pm - Practice deep breathing exercises
5:30 pm- Watch a nature documentary

4/11 – Friday

Activities may vary due to resident outings (10:00 – 12:00)
9:30 am - Gentle fitness
11:00 am - Memory Lane Discussion
2:00 pm - Decorative Flower Arrangement workshop
5:00 pm - Word Search Puzzles or Brain Games

4/12 – Saturday

Staff:
10:00 - Gentle Exercise or Crafting
1:00 -Volunteer work or Brain games
3:00 - Reading or In2l Bible study or videos
4:00 - Nature Walk

4/13 – Sunday

Staff:
10:00 - Gentle Exercise or Crafting
1:00 - Volunteers work or Brain games
3:00 - Reading or In2l Bible study or videos
4:00 - Nature Walk
Switch Activities Around Different Days During the Weekend, Thank You

4/14 – Monday

9:30 am - Morning walking club (30 minutes)
10:00 am - Stretching exercises & Snack
1:00 pm - Painting or coloring session
3:00 pm - Listening to classic music and snacks
5:30 pm – write a letter w Aleshia

4/15 – Tuesday

10:00 am - Chair yoga
11:00 am - Gardening (light tasks)
1:00 pm – Write or draw a memory from childhood
2:00 pm - Call a family member or friend
5:30 pm- Watch a favorite old movie w Snacks

4/16 - Wednesday

NATIONAL PJ DAY
9:00 am - Morning Stretching Ses- sion (30mins)
10:30 am - Coffee & Chat Social Hour
1:30 pm -Blast to the past Hour
3:00 pm - Group Crossword Puzzle
5:00 pm - Classic Music (Relax Time)

4/17 – Thursday

National Happiness Day
Doctors Appointments (activities may vary)
9:00 am - Dance to favorite music for 20 minutes.
10:30 am - Write a letter (or email) to a loved one.
1:30 pm - Organize a small photo album.
2:00 pm - Practice Wheel Chair Exercises
5:30 pm- Watch a nature documentary

4/18 – Friday

Activities May vary due to resident outing (10:00 – 12:00)
9:30 am - Gentle fitness
11:00 am - Memory Lane Discussion (sharing old photos)
2:00 pm – egg hunt for easter both AL and IL
5:00 pm - Word Search Puzzles

4/19 – Saturday

Staff:
10:00 - Gentle Exercise or Crafting
1:00 -Volunteerswork or Brain games
3:00 - Reading or In2l Bible study or videos
4:00 - Nature Walk

4/20 – Sunday

**HAPPY EASTER SUNDAY
“HE IS RISEN”**
Staff:
10:00 - Gentle Exercise or Crafting
1:00 -Volunteer work or Brain games
3:00 - Reading or In2l Bible study or videos
4:00 - Nature Walk
Switch Activities Around Different Days During the Weekend, Thank You

4/21 – Monday

9:30 am – Morning Walking Club (30 minutes)
10:00 am - Stretching exercises
1:00 pm - Painting or coloring session
3:00 pm -Afternoon Movie and Snack
5:30 pm – Music And Relax Time

4/22 – Tuesday

10:00 am – Morning Meditation Time
11:00 am - Gardening (light tasks)
1:00 pm - Write a memory from childhood
2:00 pm - Call a family member or friend
5:30 pm- Watch a favorite old movie

4/23 – Wednesday

9:00 am - Morning Stretching Session (30mins)
10:30 am - Coffee & Chat Social Hour
1:30 pm - blast to the past
3:00 pm - Group Crossword Puzzle
5:00 pm – Afternoon Reading

4/24 – Thursday

Doctors Appointments (activities may vary)
9:00 am - Dance to favorite music for 20 minutes
10:30 am - Write a letter (or email) to a loved one
1:30 pm - Organize a small photo album
2:00 pm - Practice deep breathing exercises
5:30 pm- Watch a nature documentary

4/25 – Friday

9:30 am - Gentle fitness on wheels
11:00 am – March Madness Hoop Game
2:00 pm - Decorative Flower Arrangement workshop
5:00 pm – Brain Games

4/26 – Saturday

Staff:
10:00 - Gentle Exercise or Crafting
1:00 -Volunteer work or Brain games
3:00 - Reading or In2l Bible study or videos
4:00 - Nature Walk

4/27 – Sunday

Staff:
10:00 - Gentle Exercise or Crafting
1:00 -Volunteer work or Brain games
3:00 - Reading or In2l Bible study or videos
4:00 - Nature Walk
Switch Activities Around Different Days During the Weekend, Thank You

4/28 – Monday

9:30 am - Morning walking or Stretching Class (Resident Choice) (30 minutes)
10:00 am – Easter EGG HUNT inside!
1:00 pm - Painting session
3:00 pm - Listening to 50s & 60s music and snacks
5:30 pm - Evening gratitude journaling

4/29 – Tuesday

10:00 am - Chair yoga
11:00 am - Gardening (light tasks)
1:00 pm - Write a memory from childhood
2:00 pm - Call a family member or friend
5:30 pm- Watch a favorite old movie

4/30 - Wednesdays

9:00 am - Morning Stretching Session (30mins)
10:30 am - Coffee & Chat Social Hour
1:30 pm - blast to the past
3:00 pm - Group Crossword Puzzle
5:00 pm - Classic Movie Night