

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:30 Optimism Discussion 1:30 Karaoke Sing Along 3:00 Bingo 4:00 Volleyball</p>	<p>3</p> <p>10:30 Kourtney's Choice 1:30 Deviled Eggs 3:00 Collage Art 4:00 Bean Bag Toss</p>	<p>4</p> <p>10:30 Participant Council and Hot Potato 1:30 Charades 3:00 Soccer / Ball Toss 4:00 Fire Safety Detective</p>	<p>5</p> <p>10:30 Brandon's Workout 1:30 Pamper Your Hands 3:00 What's in the Bag 4:00 Aqua paint</p>	<p>6</p> <p>10:30 Table Games 11:00 Zumba Gold 1:30 ADH Dance / Garden 4:00 Andy Griffith and Reminisce</p>
<p>9</p> <p>10:30 Junk Drawer Detective 1:30 Volleyball 3:00 Music with Lauren 4:00 Discussion Circle</p>	<p>10</p> <p>10:30 Bean Bag Toss 1:30 Karaoke sing along 3:00 Kourtney's Choice 4:00 Name That Tune</p>	<p>11</p> <p>10:30 Bevelina's Food for the Soul 1:30 Bingo 3:00 Hangman 4:00 Volleyball</p>	<p>12</p> <p>10:30 Cake Baking 1:30 Massage / Belly Dancing 3:00 Conversation Ball 4:00 Aqua paint</p>	<p>13</p> <p>10:30 Thomas Jefferson Trivia 11:00 Zumba Gold 1:30 ADH Dance / Garden 4:00 Andy Griffith and Reminisce</p>
<p>16</p> <p>10:30 Thankfulness Ball toss 1:30 Memory Cart 3:00 Volleyball 4:00 Simon Says</p>	<p>17</p> <p>10:30 Clichés and Idioms 1:30 Karaoke sing along 3pm Kourtney's Choice 4:00 Hangman</p>	<p>18</p> <p>10:30 Healthy Living In Service 1:30 Reminiscence Cards 3:00 Volleyball 4:00 Aqua paint</p>	<p>19</p> <p>10:30 Bingo 1:30 Massage / Belly Dancing 3:00 White Board Games 4:00 Ball Toss / soccer</p>	<p>20</p> <p>10:30 Table Games 11:00 Zumba Gold 1:30 ADH Dance / Garden 4:00 Andy Griffith and Reminisce</p>
<p>23</p> <p>10:30 Bingo 1:30 Aqua paint / Bowling 3:00 Name That Tune 4:00 Volleyball</p>	<p>24</p> <p>10:30 Kourtney's Choice 1:30 Karaoke sing along 3:00 Memory Cart 4:00 Ring Toss / Pong Toss</p>	<p>25</p> <p>10:30 Bevelina's Food for the Soul 1:30 Bean bag toss 3:00 Discussion Circle 4:00 Soccer</p>	<p>26</p> <p>10:30 Puzzle Piece Tree Craft 1:30 Massage / Belly Dancing 3:00 Leaf Rubbing Templates 4:00 Bowling</p>	<p>27</p> <p>10:30 Arbor Day Discussion 11:00 Zumba Gold 1:30 ADH Dance / Garden 4:00 Andy Griffith and Reminisce</p>
<p>30</p> <p>10:30 Bingo 1:30 Karaoke sing along 3:00 Memory Cart 4:00 Volleyball</p>				<p>Daily Programs 7:30-9:30 Coffee/Arrival 9:30 Current Events 10:00 Fitness Club 12:00 Lunch Alternate activities are available throughout the day.</p>

Durham Center for Senior Life-Adult Day Health Program, 406 Rigsbee Ave., Suite 102, Durham NC 27701 (919) 682-0215