

DCSL
Adult Day Health Activities Calendar
April 2015
Spring Has Sprung !

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>DAILY SCHEDULE:</u></p> <p>9-10: Coffee & Toast 10-10:30: Exercise 10:30-11:45: Program 12-1:00: Lunch</p>	<p>1:00-1:30: Exercise/ Relax in Garden 1:30-2:30 : Program 2:30-3:00: Snack 3:30-5:30: Program</p>	<p>1 10:30-12- Food For The Soul 1-1:30- Beanbag Toss 1:30-2:30- Fact or Foolery 3:30-5:30-Mixed Up April Fools Day</p>	<p>2 10:30- 12- Decorating Easter Bags 1-1:30-Relax in Garden 1:30-2:30- Easter Egg Hunt 3:30-5:30- Participants Choice</p>	<p>3 10:30-12- Hymns With Marjorie Young 1:00-3:00- Easter Concert In Commons 3:30-5:30- Movie & Popcorn</p>
<p>6 10:30-12 -BINGO 1-1:30- Hot Potato! 1:30-2:30- Name That Tune 3:30-5:30- Who Am I</p>	<p>7 10:30-12- Lets Shake It Up! 1:00-1:30 - Relax In Garden 1:30-2:30- Alexandra 3:30-5:30-Participant Choice</p>	<p>8 10:30-12—Food For The Soul 1:00- 1:30- Beanbag Toss 1:30-2:30-The Great Penny Debate 3:30-5:30- The Price Is Right</p>	<p>9 10:30-12- Paper plate Birds 1-1:30- Relax In Garden 1:30-2:30- Eye Spy 3:30-5:30- Participant Choice</p>	<p>10 10:30-12 - Participant Council 1:00-3:00—Movie & Popcorn 3:30-5:30- Group Games</p>
<p>13 <u>Spirit Week Begins</u></p> <p>10:30-12- BINGO 1-1:30- Chair Tai Chi 1:30-2:30- What's Missing? 3:30-5:30- All About The Big Top</p> <p><u>Mismatch Day</u></p>	<p>14 10:30-12- Armchair Travel 1-1:30- Relax in Garden 1:30-2:30- Alexandra 3:30-5:30- Participant Choice</p> <p><u>Swap Day</u></p>	<p>15 10:30-12- Food For The Soul 1:00-1:30-Bean Bag Toss 1:30-2:30- Who's Who Of Hair! 3:30-5:30- Hair Styles We've Had</p> <p><u>Wacky Hair Day</u></p>	<p>16 10:30 -12- Pamper Your Hands 1-1:30- Relax In Garden 1:30-2:30- Fashion Show 3:30-5:30- Participant Choice</p> <p><u>Looking Foxy Day</u></p>	<p>17</p> <p>10:30-12-Pillow Talk 1:00-3:00- Movie & Popcorn 3:30-5:30- Group Games</p> <p><u>P.J. Day</u></p>
<p>20 10:30-12- BINGO 1-1:30-Kickball 1:30- 2:30- Que Hora Es ? (What Time Is It ?) 3:30- 5:30- Funny Money Humor</p>	<p>21 10:30-12- Rib-Bit 1-1:30 - Relax In Garden 1:30-2:30 -Alexandra 3:30-5:30- Participant Choice</p> <p>Care Givers Dinner</p>	<p>22 10:30-12- Food For The Soul 1:00-1:30- Bean Bag Toss 1:30-2:30- A Walk On The Wild Side 3:30-5:30- Trivia</p> <p>Earth Day</p>	<p>23 10:30-12- Watercolor Wildflowers 1:00-1:30- Relax In Garden 1:30-2:30- Toss & Talk 3:30-5:30- Participant Choice</p>	<p>24</p> <p>10:30-12- Drama Club 1:00- 3:00-Movie & Popcorn 3:30-5:30- Group Games</p>
<p>27 10:30-12- BINGO 1-1:30- Poetry In Motion 1:30-2:30- Karaoke 3:30-5:30- Trivia</p>	<p>28 10:30-12- Egg Carton Lilies 1-1:30- Relax In Garden 1:30-2:30- Alexandra 3:30-5:30- Participant Choice</p>	<p>29 10:30-12-Food For The Soul 1-1:30- Bean Bag Toss 1:30-2:30-Dot-To-Dot 3:30-5:30- Jeopardy</p>	<p>30 10:30-12-Caterpillar Clips 1-1:30-Relax In The Garden 1:30-2:30-Flea Market Exchange 3:30-5:30- Participant Choice</p>	<p>PARTICIPANT CHOICE IS - Music In My Mind - Art - Puzzles/Games - Crafts - Group Games</p>