



# FOUNDATION FOR SENIOR CARE

Committed to the wellbeing of older adults

## ADULT DAY CENTER • APRIL 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 9a Coffee &amp; Snack 10a Chair Cardio 11a Finish the Phrase 12p Lunch 1p Kick Ball 2p Chat &amp; Chew 3p Trivia Madness 4p Pick Up</p> <p>April Fool's Day</p>	<p><b>2</b> 9a Coffee &amp; Snack 10a Chair Cardio 11a Finish the Phrase 12p PB&amp;J MADNESS 1p Kick Ball 2p Chat &amp; Chew 3p Trivia Madness 4p Pick Up</p> <p>National PB&amp;J Day</p>	<p><b>3</b> 9a Coffee &amp; Snack 10a Chair Cardio 11a Easter Extravaganza 12p IN-N-OUT DAY 1p Easter Egg Hunt 2p Chat &amp; Chew 3p Trivia Madness 4p Pick Up</p> <p>World Party Day</p>	<p><b>4</b> 9a Coffee &amp; Snack 10a Chair Cardio 11a Finish The Phrase 12p Lunch 1p Kick Ball 2p Chat &amp; Chew 3p Trivia Madness 4p Pick Up</p> <p>School Librarian Day</p>	<p><b>5</b> 9a Coffee &amp; Snack 10a Chair Cardio 11a Finish The Phrase 12p Lunch 1p Kick Ball 2p Chat &amp; Chew 3p Hand Massages W/Trivia 4p Pick Up</p> <p>National Self Care Day</p>
<p><b>8</b> 9a Coffee &amp; Snack 10a Chair Zumba 11a Finish That Tune 12p Lunch 1p Zoo Collages 2p Chat &amp; Chew 3p Balloon Tennis 4p Pick Up</p> <p>National Zoo Lovers Day</p>	<p><b>9</b> 9a Coffee &amp; Snack 10a Chair Zumba 11a Finish that Tune 12p Lunch 1p All About You 2p Chat &amp; Chew 3p Balloon Tennis 4p Pick Up</p> <p>Name Yourself Day</p>	<p><b>10</b> 9a Coffee &amp; Snack 10a Chair Zumba 11a Finish That Tune 12p Lunch 1p Happy Hour 2p Chat &amp; Chew 3p Balloon Tennis 4p Pick Up</p> <p>Hug Your Dog Day</p>	<p><b>11</b> 9a Coffee &amp; Snack 10a Chair Zumba 11a Finish That Tune 12p Lunch 1p Pet Collages 2p Chat &amp; Chew 3p Balloon Tennis 4p Pick Up</p> <p>National Pet Day</p>	<p><b>12</b> 9a Coffee &amp; Snack 10a Chair Zumba 11a Finish That Tune 12p Grilled Cheese Lunch 1p Happy Hour 2p Chat &amp; Chew 3p Balloon Tennis 4p Pick Up</p> <p>National Grilled Cheese Day</p>
<p><b>15 SPIRIT WEEK</b> 9a Coffee &amp; Snack 10a Chair Jazzercise 11a Seek &amp; Find 12p Lunch 1p Courtyard Fun 2p Chat &amp; Chew 3p Wacky/fun Dad Jokes 4p Pick Up</p> <p>WACKY WEIRD DAY</p>	<p><b>16 SPIRIT WEEK</b> 9a Coffee &amp; Snack 10a Chair Jazzercise 11a Seek &amp; Find 12p Lunch 1p Courtyard Fun 2p Chat &amp; Chew 3p Connect the Dots 4p Pick Up</p> <p>POLKA DOT DAY</p>	<p><b>17 SPIRIT WEEK</b> 9a Coffee &amp; Snack 10a Chair Jazzercise 11a Seek &amp; Find 12p Lunch 1p Happy Hour 2p Chat &amp; Chew 3p 80's Music Karaoke 4p Pick Up</p> <p>80's DAY</p>	<p><b>18 SPIRIT WEEK</b> 9a Coffee &amp; Snack 10a Chair Jazzercise 11a Seek &amp; Find 12p Lunch 1p Courtyard Fun 2p Chat &amp; Chew 3p Scavenger Hunt 4p Pick Up</p> <p>INSIDE OUT DAY</p>	<p><b>19 SPIRIT WEEK</b> 9a Coffee &amp; Snack 10a Chair Jazzercise 11a Seek &amp; Find 12p Lunch 1p Happy Hour 2p Chat &amp; Chew 3p Baseball Game 4p Pick Up</p> <p>BASEBALL DAY</p>
<p><b>22</b> 9a Coffee &amp; Snack 10a Balloon Tennis 11a Music &amp; Puzzles 12p Lunch 1p Gardening Fun 2p Chat &amp; Chew 3p Earthy Conversation Fun in The Sun 4p Pick Up</p> <p>Earth Day</p>	<p><b>23</b> 9a Coffee &amp; Snack 10a Balloon Tennis 11a Music &amp; Puzzles 12p Picnic Lunch 1p Gardening Fun 2p Chat &amp; Chew 3p Fun in The Sun 4p Pick Up</p> <p>Picnic Day</p>	<p><b>24</b> 9a Coffee &amp; Snack 10a Balloon Tennis 11a Music &amp; Puzzles 12p Lunch 1p Happy Hour 2p Chat &amp; Chew 3p Journey of a Guide Dog 4p Pick Up</p> <p>Guide Dog Day</p>	<p><b>25</b> 9a Coffee &amp; Snack 10a Balloon Tennis 11a Music &amp; Puzzles 12p Lunch 1p Gardening Fun 2p Chat &amp; Chew 3p Fun in The Sun 4p Pick Up</p> <p>World Penguin Day</p>	<p><b>26</b> 9a Coffee &amp; Snack 10a Balloon Tennis 11a Music &amp; Puzzles 12p Lunch 1p Happy Hour 2p Pretzel Making 230p Chat &amp; Chew 4p Pick Up</p> <p>National Pretzel Day</p>
<p><b>29</b> 9a Coffee &amp; Snack 10a Move to the Music 11a Finish the Phrase 12p Lunch 1p Dirty Dancing Movie 2p Chat &amp; Chew 3p Balloon Tennis 4p Pick Up</p> <p>International Dance Day</p>	<p><b>30</b> 9a Coffee &amp; Snack 10a Move to the Music 11a Finish the Phrase 12p Lunch 1p How Honest R U 2p Chat &amp; Chew 3p Balloon Tennis 4p Pick Up</p> <p>National Honesty Day</p>			