

# April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Exercise & Meditation <b>1</b> 10:30 April Fool's Day Jokes 1:00 Word Challenge 2:00 Stretch and Balance 2:45 Coffee & Snack 3:00 Art or Discussion	9:30 Music Therapy <b>2</b> 10:30 English/Spanish Songs and Games 1:00 Bowling 2:00 Afternoon Stretch 2:45 Coffee & Snack 3:00 Art/ Discussion	9:30 Exercise & Meditation <b>3</b> 10:30 Trivia 1:00 Teri's Yoga 2:00 Balloon Game 2:45 Coffee Klatch 3:00 Nory's Escapades	9:30 Exercise and Guided Meditation <b>4</b> 10:45 Bingo 1:00 PM Stretch 2:00 Vivian's Class 2:45 Coffee & Snack 3:00 Sam's Escapades	9:30 Exercise & Yoga Breath <b>5</b> 10:30 Shabbat Entertainment 11:30 <b>Shabbat</b> 1:00 Healing Crystals 2:00 PM Stretch 2:45 Coffee Social 3:00 Movie/ Games
9:30 Exercise & Meditation <b>8</b> 10:30 Flower Art Project 1:00 Word Scramble 2:00 PM Stretch 2:45 Café 3:00 Art/Discussion	9:30 Music Therapy <b>9</b> 10:30 Trivia/ Art- Eng and Spanish 1:00 Sing Along 2:00 Stretch and Balance 2:45 Coffee & Snack 3:00 Art or Discussion	9:30 Exercise & Meditation <b>10</b> 10:30 Let's Reminisce 1:00 Bottle Flower Stamps 2:00 Chair Yoga 2:45 Coffee Klatch 3:00 Nory's Escapades	9:30 Exercise & Meditation <b>11</b> 10:45 Bingo 1:00 Afternoon Stretch 2:00 Vivian's Class 2:45 Coffee and Snack 3:00 Sam's Escapades	9:30 Exercise & Positive Affirmation <b>12</b> 10:30 Shabbat Entertainment 11:30 <b>Shabbat</b> 1:00 Rainbows and Chakras 2:00 PM Stretch 2:45 Coffee Klatch 3:00 Movie/ Games
9:30 Exercise & Meditation <b>15</b> 10:30 Spring Bingo Passover Video 1:00 Boggle 2:00 Yoga Stretch 2:45 Coffee Social 3:00 Art/Discussion	9:30 Music Therapy <b>16</b> 10:30 Quick Thinking English/Spanish 1:00 Bowling 2:00 PM Stretch Class 2:45 Coffee & Snack 3:00 Art/Discussion	9:30 Exercise & Breathing <b>17</b> 10:30 Trivia 1:00 Teri's Yoga 2:00 Art Project 2:45 Coffee Klatch 3:00 Nory's Escapades	9:30 Exercise & Guided Meditation <b>18</b> 10:45 Bingo 1:00 Yoga Stretch 2:00 Vivian's Class 2:45 Coffee & Snack 3:00 Sam's Escapades	9:30 Exercise & Positive Thoughts <b>19</b> 10:30 Shabbat Entertainment 11:30 <b>Shabbat</b> 1:00 History of Passover 2:00 Afternoon Stretch 2:45 Coffee Social 3:00 Movie/Games
9:30 Exercise & Meditation <b>22</b> 10:30 Spanish Vocabulary Flash Cards 1:00 Word Jumble 2:00 PM Stretch Class 2:45 Coffee Klatch 3:00 Art/Discussion	<b>23</b> <b>24</b>		9:30 Exercise and Meditation <b>25</b> 10:45 Bingo 1:00 Stretch/ Balance 2:00 Vivian's Class 2:45 Coffee Klatch 3:00 Sam's Escapades	9:30 Exercise & Positivity <b>26</b> 10:30 Shabbat Entertainment 11:30 <b>Shabbat</b> 1:00 Discussion 2:00 PM Exercise 2:45 Coffee & Snack 3:00 Movie/ Games
9:30 Exercise & Meditation <b>29</b> 10:30 Earth Day Passover 1:00 Word Game 2:00 Stretch class 2:45 Coffee Social 3:00 Art/Discussion	9:30 Music Therapy <b>30</b> 10:30 Math Game English/ Spanish 1:00 Sing Along 2:00 Chair Yoga 2:45 Coffee Klatch 3:00 Art/Discussion	<p><i>Therapy Dog visits &amp; daily garden time.</i></p> 	<p><b>Caregivers Support Group 4/9 &amp; 4/30</b></p> 	 <p>HAPPY PASSOVER</p>  <p>HAPPY EASTER</p>



Curt & Alice Walter Adult Day Care and Alzheimer's Pavilion  
Daniel D. Cantor Senior Center

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