

# April 2024

CIRCLE CENTER ADULT DAY SERVICES  
4900 WEST MARSHALL STREET  
ACTIVITY ROOM 1 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Let's Reminisce (C, R) 12:00 Lunch 1:00 This Week in History 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>2) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game Time Fun (C) 12:00 Lunch 1:00 What's in the Bag? (C, R) 2:00 Snack <b>2:00 Dear Abby with Rachel (S)</b> 3:15 Cranium Crunches (C)</p>	<p>3) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack <b>10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R)</b> 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R, N) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>4) 8:00 Relax and Create (R, PR, CR) 8:30-Who What, Where, &amp; When (C, R) 9:00 Exercise 9:30 Snack <b>9:45- Master Gardeners Springtime Discussion (N)</b> 12:00 Lunch 1:00 Nature Program (N) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>5) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise 10:00 Snack <b>10:30 Music Therapy Program (S, CR, R, C)</b> 12:00 Lunch 1:00 Are We There Yet" (C, R) 2:00 Snack 2:30 Exercise 3:15 Cranium Crunches (C)</p>
<p>9) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Let's Reminisce (C, R) 12:00 Lunch 1:00 This Week in History 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>9) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack <b>10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R)</b> 10:30 Game Time Fun (C) 12:00 Lunch 1:00 What's in the Bag? (C, R) 2:00 Snack <b>2:00 Dear Abby with Rachel (S)</b> 3:15 Cranium Crunches (C)</p>	<p>10) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R, N) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>11) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, &amp; When (C, R) 9:30 Snack <b>10:00 Garden Club in Cozy Corner (location may vary) (N)</b> 10:30 Tell Me A Story (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>12) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack <b>10:30 Music Therapy Program (S, CR, R, C)</b> 12:00 Lunch 1:00 Jingo 2:00 Snack 2:30 Are We There Yet" (C, R) 3:30 Cranium Crunches (C)</p>
<p>15) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Let's Reminisce (C, R) 12:00 Lunch 1:00 This Week in History 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>16) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game Time Fun (C) <b>10:30 Visit with Fred (S)</b> 12:00 Lunch 1:00 What's in the Bag? (C, R) 2:00 Snack <b>2:00 Dear Abby with Rachel (S)</b> 3:15 Cranium Crunches (C)</p>	<p>17) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R, N) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>18) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, &amp; When (C, R) 9:30 Snack <b>10:00 Casino Day with Genworth (C, S)</b> 12:00 Lunch 1:00 Tell Me A Story (C, CR, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>19) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack <b>10:30 Music Therapy Program (S, CR, R, C)</b> 12:00 Lunch 1:00 Are We There Yet (C, R) 2:00 Snack 2:30 Exercise 3:15 Cranium Crunches (C)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
22) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Let's Reminisce (C, R) 12:00 Lunch 1:00 This Week in History 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	23) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game Time Fun (C) 12:00 Lunch 1:00 What's in the Bag? (C, R) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)	24) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 10:00 Snack 10:15 Zumba in Wellness (P) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	25) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Garden Club in Wellness (location may vary) 10:15 Art on Wheels 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	26) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Music Therapy Program (S, CR, R, C) 12:00 Lunch 1:00 Jingo 2:00 Snack 2:30 Are We There Yet" (C, R) 3:30 Cranium Crunches (C)
29) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Let's Reminisce (C, R) 12:00 Lunch 1:00 This Week in History 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	30) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game Time Fun (C) 12:00 Lunch 1:00 What's in the Bag? (C, R) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)			<p style="text-align: center;"><b>Activity Domains:</b></p> Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)

NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

**Wellness Schedule: M-F 10:30 am-11:30 am and 1:00-2:00**  
**Cozy Corner Schedule: T and Th schedule 10:00- 11:00 and 2-3pm**  
**\*Times and days of class subject to change\***  
**2<sup>nd</sup> Wednesday of Month: Chair Zumba with Hollie (Subject to change and have on alternative day due to scheduling conflicts)**  
**Thursday: Art Weekly- \*Art on Wheels Program 4<sup>th</sup> Thursday of each Month**  
**\*Garden Club 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each Month with Master Gardeners**  
**Music Therapy Program with Rachel: Monday 1:00, Friday 10:30**

**Participants are encouraged to choose recreational programs of interest, consistent with their plan of care, and make suggestions of other activities they would enjoy.**  
**Activities are subject to change and changes will be posted.**

**Intergenerational Group** Every Other Thursday in A1 with Heather and her children

**\*One to One activities are also available and include the following: Reading, Montessori, puzzles, conversation, walking, coloring, iPad activities, games/cards, gardening and patio time, and spiritual/devotional activities.**

**\*\*One to One time scheduled with volunteers Eric, and Larawinn weekly**

**Art Volunteer, Charlotte, and Victoria scheduled on Thursdays at 1:00 weekly to assist with Art Program**

**Highlighted Activities are programs provided by volunteers or specialty programs from the community**