

April 2024

CIRCLE CENTER ADULT DAY SERVICES
4900 WEST MARSHALL STREET
ACTIVITY ROOM 2 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) 1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)</p>	<p>2) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 Game Time Fun (C) 1:30 Snack 2:00 R.O. M. (P) 2:45 Sing Along/Karaoke (C, S)</p>	<p>3) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)</p>	<p>4) 8:00 Coffee and Conversation (R, S) 8:30 Who, What, When? (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Tell Me A Story (C, CR, R) 11:30 Lunch 12:30 Art and Relaxation (CR PR) 1:30 Snack 2:00 R.O.M. (P) 2:45 Cranium Crunches (C)</p>	<p>5) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Are We There Yet? (C, R) 11:30 Lunch 12:30 Let's Move/Chair I Fitness! (CR, P) 1:30 Snack 2:00 Bingo 3:00 Sing Along/Karaoke (C, S)</p>
<p>8) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) 1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)</p>	<p>9) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 11:30 Lunch 12:30 Game Time Fun (C) 1:30 Snack 2:00 R.O. M. (P) 2:45 Sing Along/Karaoke (C, S)</p>	<p>10) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)</p>	<p>11) 8:00 Coffee and Conversation (R, S) 8:30 Who, What, When? (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nature (C, R, CR) 10:00 Garden Club in Cozy Corner (location may vary) (N) 11:30 Lunch 12:30 Tell Me A Story (C, CR, R) 1:30 Snack 2:00 R.O.M. (P) 2:45 Cranium Crunches (C)</p>	<p>12) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Are We There Yet? (C, R) 11:30 Lunch 12:30 Let's Move/Chair I Fitness! (CR, P) 1:30 Snack 2:00 Bingo 3:00 Sing Along/Karaoke (C, S)</p>
<p>15) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) 1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)</p>	<p>16) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 Game Time Fun (C) 1:30 Snack 2:00 R.O. M. (P) 2:45 Sing Along/Karaoke (C, S)</p>	<p>17) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)</p>	<p>18) 8:00 Coffee and Conversation (R, S) 8:30 Who, What, When? (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Tell Me A Story (C, CR, R) 11:30 Lunch 12:30 Art and Relaxation (CR PR) 1:30 Snack 2:00 R.O.M. (P) 2:45 Cranium Crunches (C)</p>	<p>19) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Are We There Yet? (C, R) 11:30 Lunch 12:30 Let's Move/Chair I Fitness! (CR, P) 1:30 Snack 2:00 Bingo 3:00 Sing Along/Karaoke (C, S)</p>

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22) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) 1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)	23) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 Game Time Fun (C) 1:30 Snack 2:00 R.O. M. (P) 2:45 Sing Along/Karaoke (C, S)	24) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 10:15 Zumba in Wellness (P) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)	25) 8:00 Coffee and Conversation (R, S) 8:30 Who, What, When? (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nature (C, R, CR) 10:00 Garden Club in Wellness (location may vary) 10:15 Art on Wheels 11:30 Lunch 12:30 Tell Me A Story (C, CR, R) 1:30 Snack 2:00 R.O.M. (P) 2:45 Cranium Crunches (C)	26) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Are We There Yet? (C, R) 11:30 Lunch 12:30 Let's Move/Chair I Fitness! (CR, P) 1:30 Snack 2:00 Bingo 3:00 Sing Along/Karaoke (C, S)
29) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) 1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C) 1:30 Snack 2:00 Weight Lifting (P) 2:45 Cranium Crunches (C)	30) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Game Time Fun (C) 11:30 Lunch 12:30 What's in the Bag? (C, R) 1:30 Snack 2:00 R.O. M. (P) 2:45 Sing Along/Karaoke (C, S)			<p style="text-align: center;">Activity Domains:</p> <p>Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)</p>

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
2nd 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 4th Thursday of each Month
***Garden Club 2nd and 4th 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 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**

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