

**CHARLESWOOD  
ADULT DAY  
CLUB**

**APRIL 2018**

10:00 - 10:30  
Morning Coffee Muffins

10:45 - 11:15  
Theme News and Views

11:15 - 12:00  
Physical Fitness

12:00 - 12:20  
Walk a Lap

12:20 - 1:00  
Recreation











1:00 - 1:45  
Lunch

1:45 - 2:15  
Rest and Relaxation

2:15 - 3:10  
Mental Fitness Programs

3:10 - 3:30  
Sharing Circle and  
Refreshments

3:30  
Departure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>APRIL IS TEAM CHALLENGE MONTH</b> 				
2	3	4	5	6
<b>EASTER MONDAY CLOSED</b> 	<b>MEET YOUR TEAM</b> A.M. SCATTEGORIES P.M. LADDERBALL	<b>MEET YOUR TEAM</b> A.M. SCATTEGORIES P.M. LADDERBALL	<b>MEET YOUR TEAM</b> A.M. SCATTEGORIES P.M. LADDERBALL	<b>MEET YOUR TEAM</b> A.M. SCATTEGORIES P.M. LADDERBALL
9	10	11	12	13
<b>TEAM CHALLENGE WEEK 1</b> A.M. FINISH THE LYRIC AND PARACHUTE P.M. EGG DROP	<b>TEAM CHALLENGE WEEK 1</b> A.M. FINISH THE LYRIC AND PARACHUTE P.M. EGG DROP	<b>TEAM CHALLENGE WEEK 1</b> A.M. FINISH THE LYRIC AND PARACHUTE P.M. EGG DROP	<b>TEAM CHALLENGE WEEK 1</b> A.M. FINISH THE LYRIC AND PARACHUTE P.M. EGG DROP	<b>TEAM CHALLENGE WEEK 1</b> A.M. FINISH THE LYRIC AND PARACHUTE P.M. EGG DROP 
16	17	18	19	20
<b>TEAM CHALLENGE WEEK 2</b> A.M. HUNGRY HIPPO P.M. CREATE A PRODUCT	<b>TEAM CHALLENGE WEEK 2</b> A.M. HUNGRY HIPPO P.M. CREATE A PRODUCT 	<b>TEAM CHALLENGE WEEK 2</b> A.M. HUNGRY HIPPO P.M. CREATE A PRODUCT	<b>TEAM CHALLENGE WEEK 2</b> A.M. HUNGRY HIPPO P.M. CREATE A PRODUCT	<b>TEAM CHALLENGE WEEK 2</b> <b>*RACHEL-MUSIC THERAPY</b> A.M. HUNGRY HIPPO P.M. CREATE A PRODUCT
23	24	25	26	27
<b>WRAP UP AND AWARDS</b> A.M. NERF GUN CHALLENGE P.M. AWARD CEREMONY	<b>WRAP UP AND AWARDS</b> A.M. NERF GUN CHALLENGE P.M. AWARD CEREMONY	<b>WRAP UP AND AWARDS</b> A.M. NERF GUN CHALLENGE P.M. AWARD CEREMONY	<b>WRAP UP AND AWARDS</b>  A.M. NERF GUN CHALLENGE P.M. AWARD CEREMONY	<b>WRAP UP AND AWARDS</b> A.M. NERF GUN CHALLENGE P.M. AWARD CEREMONY
30				
<b>APRIL SHOWERS BRING MAY FLOWERS</b> A.M. CRAFT P.M. NOODLE BASEBALL	 <small>shutterstock - 92153998</small>			 <small>shutterstock - 74653036</small>