

CHARLESWOOD ADULT DAY CLUB

APRIL 2019

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 - 3:15
Mental Fitness Programs

3:15 - 3:30
Sharing Circle and Refreshments

3:30
Departure

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL FOOLS WEEK				
AM: BASKET PONG PM: <u>CAL THE ENTERTAINER</u> 1	AM: BASKET PONG PM: GO FISH! 2	AM: BASKET PONG PM: GO FISH! 3	AM: BASKET PONG PM: GO FISH! 4	AM: BASKET PONG PM: GO FISH! 5 
FROG WEEK				
AM: FROG POND TOSS PM: FROG CRAFT 8	AM: FROG POND TOSS PM: FROG CRAFT 9	AM: FROG POND TOSS PM: FROG CRAFT 10	AM: FROG POND TOSS PM: FROG CRAFT 11 	NO DAY CLUB GOOD FRIDAY 12
EASTER				
NO DAY CLUB  EASTER MONDAY 15	AM: SPRING SHOWERS GAME PM: EGG HUNT & EASTER CHARADES 16	AM: SPRING SHOWERS GAME PM: EGG HUNT & EASTER CHARADES 17	AM: SPRING SHOWERS GAME PM: EGG HUNT & EASTER CHARADES 18	AM: SPRING SHOWERS GAME PM: EGG HUNT & EASTER CHARADES 19
IT'S RAINING CATS & DOGS				
AM: DOGGY BEAN BAG TOSS PM: PET VISIT & BINGO 22	AM: DOGGY BEAN BAG TOSS PM: PET VISIT & BINGO 23	AM: DOGGY BEAN BAG TOSS PM: PET VISIT & BINGO 24	AM: DOGGY BEAN BAG TOSS PM: PET VISIT & BINGO 25	AM: DOGGY BEAN BAG TOSS PM: PET VISIT & BINGO 26
HORSE WEEK				
AM: BEAN BAG POKER PM: HORSE RACES! 29	AM: BEAN BAG POKER PM: HORSE RACES! 30			