



# ADULT DAY PROGRAM

## APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1. Easter Event/April Fool's Day/Passover Begins</b> 9:45-April SLOT Moves 10:45-Education-Easter 1:00-Egg-cellent Easter Games 2:00-Leisure Lounge	<b>2.</b> 9:45-Current Events 10:15-Seated Boxing 10:45-Client Feedback with Kate 1:00-Body Break 1:15-Art Therapy with Zainab/Grab & Go! 2:00-Leisure Lounge	<b>3.</b>  <p style="text-align: center;"><b>Good Friday Program Closed</b></p>
<b>6. Tartan Day</b> 9:45-Rhyme Rhyme Wrong Word Game 10:30- <b>NEW Yoga with Jessica</b> 11:15-Music & Reflection 1:00-Getting Your Steps In 1:15-Active Game-Toss & Remember 2:00- <u>Guest Speaker</u> -Brain Health & Mental Wellness	<b>7. World Health Day</b> 9:45-Art Therapy with Zainab/Virtual Reality 10:45-Active Aging Fitness Class 1:00-Walk Around the Block 1:30-Education-World Health Day 2:00-Heart Health Shopping Cart Game -True or False your Health	<b>8.</b> 9:45-Parachute 1-2-3 Waves in Motion 10:45-Music & Reflection 1:00-Spring SLOT Fitness 2:00-Planning a Trip? Best Places to Visit	<b>9. Passover Ends</b> 9:30-Toto Moto Day Homemade Salsa 10:45-Fitness-Move Your Body 1:00-Getting Your Steps In 1:15-Art Therapy with Zainab/Poppy Art 2:00-Snack Salsa & Nachos 2:00-Leisure Lounge	<b>10.</b> 9:45-Art Therapy with Zainab/Art in the Back 10:45-Fitness-Whole Body 1:00-A Walk to Remember 1:30-World Homeopathy Day 2:30-Essential Oil Rub
<b>13. National Scrabble Day</b> 9:45-Fitness-Full Body 10:45-Spelling Bee! 1:00-Getting in our Steps 1:15-Scrabble-(Group Play) 2:00-Leisure Lounge	<b>14. Vaisakhi/Baisakhi</b> 9:45-Art Therapy with Zainab/Clay Work 10:45-Falls Prevention-Flex and Strength 1:00-Educational-What is Bengali 2:00-Leisure Lounge	<b>15.</b> 9:45-Kitchen Creations Ladies-Deviled Eggs/Boyz Baking-Oatmeal Drops 10:45-Fitness-Arms & Shoulders 1:00-Groove with Balloons in Motion 2:00-Leisure Lounge	<b>16.</b> 9:45-Morning Warm Up 10:15-Seated Boxing 10:45-Two Truths & One Tale 1:00-Art Therapy with Zainab/Shuffleboard 2:00-Leisure Lounge	<b>17.</b> 9:45-Art Therapy with Zainab/Trivia Time 10:45-Sit Stand Fitness 1:00-Ballon Volleyball in the Back 2:00-Leisure Lounge

<p><b>20.</b>  9:45-Brain Games  10:30-NEW-Yoga with Jessica  11:15-April Voices &amp;Views  1:00-Getting in our Steps  1:15-Fitness-Cardio  2:00-Leisure Lounge</p>	<p><b>21.</b>  9:45-Art Therapy with Zainab/Watercolor  10:45-Fitness-Sit to Stand  1:00-Dribbling the Ball  2:00-Leisure Lounge</p>	<p><b>22. Earth Day</b>  9:45-Earth Day Bookmark Collage Craft  10:45-Fitness-Full Body  1:00-Earthly Fitness Moves  1:15-Reduce, Reuse &amp; Recycle Game  2:00-Earthly Snack  2:15-Education-Earth Day</p>	<p><b>23. St. George Day</b>  9:45-Fitness-Full Body  10:45-April Spiritual Gatherings  1:00-Art Therapy with Zainab/Tower Toss  2:00-Leisure Lounge</p>	<p><b>24. Arbor Day</b>  9:45-Art Therapy with Zainab/Cognitive Challenge  10:45-Spin &amp; Think: Arbor Day Edition  1:00-Getting in our Steps/Ring Toss  2:00-Leisure Lounge</p>
<p><b>27.</b>  9:45-Travelogue-Gardens Around the World  10:45-Fitness-Sit to Stand  1:00-Getting in our Steps  1:30-Team Target Shoot  2:00-VR-Tour</p>	<p><b>28.</b>  9:45-Art Therapy with Zainab/Music &amp; Me  10:45-Fitness-Sit to Stand  1:00-Team Tower Challenge  2:00-Leisure Lounge</p>	<p><b>29. International Dance Day</b>  9:45-Getting To Know You  10:45-Fitness-Weighted Movements  1:00-Noodle Ring &amp; Noodle &amp; Ball  2:00-Leisure Lounge</p>	<p><b>30.</b>  9:45-Morning Warm Up  10:15-Seated Boxing  10:45-April Voices &amp; Views  1:00-Art Therapy with Zainab/Bocce Ball  2:00-Leisure Lounge</p>	

## DAILY OFFERINGS:

**8:30-9:30 am – Caffeine Social** – Creates a therapeutic gathering spot for clients to experience a rich array of psychological, emotional, and cognitive benefits, reinforcing the mission of the Adult Day Program to nurture the whole person through dignity, connection, and joy.

**12:00-1:00 pm – Lunch** - Clients experience a thoughtful menu capturing cultural cuisines and a palate that supports the nutritional needs of our seniors

**2:15-3:00 pm – Sensible Snack & Client Leisure time** – Client leisure time plays a crucial role in the holistic care of seniors within our Adult Day Program. Unlike structured group sessions, free time invites participants to engage in activities of their own pace, within a supportive and stimulating environment. This approach nurtures autonomy and encourages self-expression.