

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> A - Artisans CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality 	<p>Daily Rhythm "About" Times:</p> <p>Morning</p> <p>10:00 Vitality</p> <p>10:30 Keeping it Sharp</p> <p>11:00 Creative Cooking</p> <p>11:30 Lunch Prep</p> <p>Early Afternoon:</p> <p>1:00 Relax & Recharge</p> <p>2:00 Artisans</p> <p>3:00 Group Games</p>	<p>Late Afternoon:</p> <p>4:00 Musical Celebration</p> <p>4:30 Healthy Hands/Dinner Prep</p> <p>Evening:</p> <p>6:00 Gathering of Friends</p> <p>7:00 Nighttime Traditions</p> <p>*Note: Life Stations can take place at any time throughout the day as part of Daily Rhythms.</p>	<p>Birthdays:</p> <p>Pat M. 4/16</p> <p>Maxine R. 4/18</p>	<p>1 April Fools' Day</p> <ul style="list-style-type: none"> I Words of Affirmation V Laughter Yoga K Trivia Time! CC Red's Trail Mix for the Baseball Game Relax & Recharge S Baseball Game for Red's Opening Day! GC Red's Game on TV Healthy Hands GF Classic Game Night Nighttime Traditions 	<p>2 Good Friday</p> <ul style="list-style-type: none"> V Using Your Noodle I Devotions with Tommie K Fast 4 CC Peanut Butter and Banana Sandwiches for PB&J Day! Relax & Recharge S Easter Bunny Pictures! GC Bingo Healthy Hands GF Flower Arranging Nighttime Traditions 	<p>3</p> <ul style="list-style-type: none"> V Saturday Stretch I Easter Hymns Relax & Recharge A Intergenerational Easter Craft! M Singing in the Rain Trivia Healthy Hands GF Horse Racing Nighttime Traditions
<p>4 Easter</p> <ul style="list-style-type: none"> V Sunday Stretch K Sunday Devotion: Lamb of God M Easter Hymns Relax & Recharge A Coffee Filter Easter Eggs GC Easter Service Healthy Hands GF Ladderball Nighttime Traditions 	<p>5</p> <ul style="list-style-type: none"> V Move It Monday! M Songs with Hope Church I Songs and Prayers Relax & Recharge A Finger Print Dandelion MM Nail Spa M Beatlemania! Healthy Hands GF Short Story Club Nighttime Traditions 	<p>6</p> <ul style="list-style-type: none"> V Balloon Bop K Finish the Phrase CC Caramel Chocolate Chunk Cookies Relax & Recharge A Paper Poppies for Poppy Day GC Finish the Quilt Card Game Healthy Hands GF Lifeshare Games Nighttime Traditions 	<p>7</p> <ul style="list-style-type: none"> V Bands that Make you Dance I Hymns and Prayers CC Stout Chocolate Brownies Relax & Recharge S Beer Tasting for Beer Day! GC Grocery Game Healthy Hands K Reminisce with Records Nighttime Traditions 	<p>8</p> <ul style="list-style-type: none"> I Words of Affirmation K Animal Trivia Time! CC "Dog Biscuit" Cookies Relax & Recharge S Pet Shop Day! Healthy Hands GF Classic Game Night Nighttime Traditions 	<p>9</p> <ul style="list-style-type: none"> V Using Your Noodle K Winston Churchill Trivia CC Funfetti Breakfast Muffins Relax & Recharge GC Bingo A Ink Blot Psych Paintings M April Happy Hour Healthy Hands GF Flower Arranging Nighttime Traditions 	<p>10</p> <ul style="list-style-type: none"> V Saturday Stretch K Who Am I? CC Bacon Wrapped Sausage for Farm Day Relax & Recharge A Color Your Own Farm Animal GC On the Farm for Farm Day Healthy Hands GF Horse Racing Nighttime Traditions
<p>11</p> <ul style="list-style-type: none"> V Sunday Stretch K Name 10 CC Carrot Cake Cupcakes Relax & Recharge A Spring Tape Painting GC Basketball Healthy Hands GF Word Works Nighttime Traditions 	<p>12</p> <ul style="list-style-type: none"> V Move It Monday! M Songs with Hope Church K Categories Game CC Cake Mix Monday Relax & Recharge S Grilled Cheese for Grilled Cheese Day! MM Nail Spa Healthy Hands GF Short Story Club Nighttime Traditions 	<p>13 Ramadan Begins</p> <ul style="list-style-type: none"> V Balloon Bop K Finish the Phrase S Weird Liquorice Tasting Relax & Recharge CC Homemade Cookies I Communion with Mark GC Finish the Quilt Card Game Healthy Hands GF Lifeshare Games Nighttime Traditions 	<p>14</p> <ul style="list-style-type: none"> V Bands that make you Dance I Guess the Animal CC Lemon Berry Muffins Relax & Recharge A Puzzle Piece Painting GC Grocery Game Healthy Hands K Flower Arranging Nighttime Traditions 	<p>15</p> <ul style="list-style-type: none"> V Laughter Yoga K Titanic Trivia Time! CC Muffin Tin Pizza Bites Relax & Recharge A Favorite Things GC Pair Up-"Trees & Shrubs" Healthy Hands GF Classic Game Night Nighttime Traditions 	<p>16</p> <ul style="list-style-type: none"> V Using Your Noodle K Famous Book Titles CC Peanut Butter Brownies Relax & Recharge GC Bingo with Jill A Bookmarks for Librarian Day M April Happy Hour Healthy Hands GC Horse Racing Nighttime Traditions 	<p>17</p> <ul style="list-style-type: none"> V Saturday Stretch K Who Am I? Relax & Recharge A Create Your Own Album Cover M Reminisce with Records for Record Store Day! Healthy Hands GF Horse Racing Nighttime Traditions

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<p>18</p> <ul style="list-style-type: none"> V Sunday Stretch K Sunday Devotion: Lamb of God Relax & Recharge A Garden Markers GG Ladderball Healthy Hands GF Word Works Nighttime Traditions 	<p>19</p> <ul style="list-style-type: none"> V Move It Monday! M Songs with Hope Church K Categories Game CC Cake Mix Monday Relax & Recharge GG Color Wheel Trivia MM Nail Spa M Beatlemania! Healthy Hands GF Short Story Club Nighttime Traditions 	<p>20</p> <ul style="list-style-type: none"> V Balloon Bop K Finish the Phrase CC Rice Crispy Treats Relax & Recharge A Chinese Character Tracing GG Finish the Quilt Card Game Healthy Hands GF Lifeshare Games Nighttime Traditions 	<p>21</p> <ul style="list-style-type: none"> V Bands that make you Dance I Hymns and Prayers Relax & Recharge A Sensory Bottle GG Grocery Game M Sing and Dance with Doris Day! Healthy Hands K Reminisce with Records Nighttime Traditions 	<p>22 Earth Day</p> <ul style="list-style-type: none"> I Words of Affirmation V Laughter Yoga K Trivia Time! CC Earth Day Seedling Cupcakes Relax & Recharge A Earth Day Craft! O Earth Day Drive GG Pair Up-"Trees & Shrubs" Healthy Hands GF Classic Game Night Nighttime Traditions 	<p>23</p> <ul style="list-style-type: none"> V Using Your Noodle I Hymns and Prayers Relax & Recharge A Creative Corner GG Bingo M April Happy Hour Healthy Hands GF Flower Arranging Nighttime Traditions 	<p>24</p> <ul style="list-style-type: none"> V Saturday Stretch K Who Am I? CC Pigs in a Blanket Relax & Recharge A Stamped Cards GG Memory Matching Healthy Hands GF Horse Racing Nighttime Traditions
<p>25</p> <ul style="list-style-type: none"> V Sunday Stretch K Name 10 CC Grandma's Cookies Relax & Recharge A Chocolate Dipped Pretzel for Pretzel Day GG Card Club Healthy Hands GF Word Works Nighttime Traditions 	<p>26</p> <ul style="list-style-type: none"> V Move It Monday! M Songs with Hope Church K Categories Game CC Cake Mix Monday Relax & Recharge A Egg Coloring MM Nail Spa M Beatlemania! Healthy Hands GF Short Story Club Nighttime Traditions 	<p>27</p> <ul style="list-style-type: none"> V Balloon Bop K Hymns and Songs Relax & Recharge A Paper Plate Wind Spirals GG Finish the Quilt Card Game Healthy Hands GF Lifeshare Games Nighttime Traditions 	<p>28</p> <ul style="list-style-type: none"> V Bands that make you Dance I Hymns and Prayers Relax & Recharge A Space Craft for Astronomy Day! GG Grocery Game Healthy Hands K Reminisce with Records Nighttime Traditions 	<p>29</p> <ul style="list-style-type: none"> I Words of Affirmation V Laughter Yoga K Trivia Time! CC Chocolate Covered Strawberry Brownies Relax & Recharge A Potted Plants Party! O Out and About Healthy Hands GF Classic Game Night Nighttime Traditions 	<p>30</p> <ul style="list-style-type: none"> V Using Your Noodle Name 10 CC Dog Treats for Pet Therapy Day Relax & Recharge S Celebrating National Pet Therapy Day! GG Bingo M April Happy Hour Healthy Hands GF Flower Arranging Nighttime Traditions 	