

ADULT LIFE PROGRAMS

Our vision is to be the leading provider of adult day services in NC

Our Mission: To enhance the vitality of participants' lives and support their caregivers by providing quality adult day services designed to keep them connected to and involved in the community.

April 2023

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MON	TUES	WED	THURS	FRI
<p>April 's Focus: Arts, Culture, & Creativity Month Brain Tools Month Recycle It Month</p>				
<p>3 10:15 - 11:30 Morning Star/Music & Devotion 1:00-1:45 Dyeing Eggs / Cranium Crunches</p>	<p>4 10:15 -11:30 Feel Good Songs /Walking Exercise w/ Des Dyeing Eggs / 12:30-1:30 Music w/ Jim Coffey / Interactivity Card & Board Games w/ Amanda</p>	<p>5 10:15-11:15 Dancing & Singing w/ Macon / Small Group Session 1:00-1:45 Let's Walk Day /Nature Scavenger & Egg Hunt</p>	<p>6 10:15- 11:15 Morning Music Move w/ Yoga Group Birthday Activity w/ Samantha 1:00-1:45 Pink Moon / Egg Hunt</p>	<p>7 Closed For Good Friday</p>
<p>10 10:15-11:15 Moving to the Oldies Chair Exercise 1:00-1:45 Birthday Activity Betty Noodle Game w/ Carlos & Eric</p>	<p>11 10:15-11:15 Exercise w/ Nikki Participants Council Meeting 1:00-1:45 1:00-1:45 Birthday Activity w/ Andrea</p>	<p>12 10:15-11:15 Inspirational Songs Balancing /Stretching Exercise w/ Susan 1:00-1:45 Let's Play Bingo </p>	<p>13 10:15-11:15 Sing Along / Walking Exercise w/ Des Ping-Pong 'MTW" Game 1:00-1:45 Number Game w/ Tracie</p>	<p>14 10:15 -11:15 Positive Movement Music Move w/ Yoga Group Small Group Sessions 1:00-1:45 Movie Friday / Individual</p>
<p>17 10:15-11:30 Select –a-song Healthy Movement Exercise w/ Nikki 1:00-1:45 Activity w/ The Doves</p>	<p>18 10:15-11:15 Feel Good Music / Morning Walk Small Group Sessions 1:00-2:00 Birthday Activity w/ McKay</p>	<p>19 10:15-11:15 Morning Music Chair Exercise 1:00-1:45 Wear Your Pajamas / Hanging Out Day</p>	<p>20 10:15-11:15 Positive Movement Music Move w/ Yoga Group 1:00-1:45 Look-Alike Day Just Rollin' Along Day</p>	<p>21 10:15-11:15 Inspirational Songs Balancing /Stretching Exercise w/ Trudy 1:00-1:45 Movie Friday / Paper Crafts Day</p>
<p>24 10:15 -11:30 Moving to the Oldies Chair Exercise 1:00-1:45 Let's Play Bingo / Soda Fountain Day</p>	<p>25 10:15 -11:30 Inspirational Songs Balancing /Stretching Exercise w/ Beverly 1:00-1:45 Name that Tune 1970's w/ Jennifer </p>	<p>26 10:15 -11:30 Inspirational Songs Balancing /Stretching Exercise 1:00-1:45 ALP Easter Play</p>	<p>27 10:15-11:30 Sing Along / Walking Exercise What Can you Creative 1:00-1:45 Hogs & Kisses Activity</p>	<p>28 10:15-11:30 Positive Movement Music Small Group Sessions 12:00-1:45 Bad Boys Of Conover</p>
		<p>Nick-4/15(10yrs) </p>	<p> Samantha-4/6 Betty-4/10</p>	<p>Andrea -4/11 McKay-4/18 </p>

**** Activities are subject to change ****