




# April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:30-Greet The Day Y(DR) 10:00-Fitness Fun (Y) DR 10:30- Mathletes (Y) DR 11:00-I Spy (Y) DR 1:00-Artists Corner (Y) DR 2:00-Dear Abby (Y)DR 3:00-Hydration & Snack (Y) DR 3:30-Melaxing Music (Y) DR	<b>2</b> 9:30 Morning Affirmations (K)DR 10:00-Movement To Music (K)DR 10:45-Sing-A-Long (K)DR 1:00 -Minute to Win it (K) DR 1:15-Walking Club (I) DS 2:00-What's In The Bag? (Y)DR 3:00-Hydration & Snack (Y) DR 3:30-Guided Relaxation (Y) DR	<b>3</b> 9:30- Headlines and Bylines (K)DR 10:00-Fitness Fun (K) DR 10:45-Mind Teasers (K) DR 1:00- Driving Range Golf (K)DR 2:00-Puzzles and Coloring (K) DR 3:00-Hydration & Snack (M) DR 3:30-Guided Meditation (M) DR 5:00-Classical Music Dinner (M)	<b>4</b> 9:30- Morning Mindfulness (I)DR 10:00-Stretch & Flex (K) DR 10:45-Mind Benders (I) DR 1:00- Getting To Know You (K)DR 2:00-Cardio Drumming (I )DR 3:00-Hydration & Snack (I) DR 3:30-Relax & Unwind (I) DR 5:00-Dinner & Music (I) DR	<b>5</b> 9:30-Horoscopes & Headlines (I)DR 10:00-Chair Aerobics (J) DR 10:30-Word Games (J) DR 1:00-Afternoon Stretch (J) DR 1:30-Shooting Gallery (J)DR 2:15-Table Games (I)DR 2:45--Shabbat Service (J) RR 3:00-Hydration & Snack (I) DR 3:30-Musical Memories (I) DR	<b>6</b> 9:30 Morning Mantras (C)DR 10:00-Jazzercise (I) DR 10:30-Sing Along (C) DR 1:00-Adult Coloring (K) DR 1:30-Pretty Nails (K)DR 2:00-Grocery Games (K)DR 2:30-Afternoon Movie (K) DR 3:00-Hydration & Snack (K)DR 3:30-Guided Imagery (K)DR
<b>7</b> 9:30- Morning Greetings M(DR) 10:00-Sit & Be Fit M DR 10:30-Mind Joggers (M) DR 10:45-Virtual Catholic Mass (T) 11:00-Hot Potato (Y)DR 1:00-Sun Room Talk (M) DR 2:00-Name 5 (M) DR 3:00-Hydration & Snack (M) DR 3:30-Musical Memories (M) DR	<b>8</b> 9:30-Greet The Day Y(DR) 10:00-Fitness Fun (Y) DR 10:30- Spelling Bee (Y) DR 11:00-I Spy (Y) DR 1:00-Artists Corner (Y) DR 2:00-Music with Maria M. (Y)DR 3:00-Hydration & Snack (Y) DR 3:30-Relaxing Music (Y) DR	<b>9</b> 9:30 Morning Affirmations (K)DR 10:00-Movement To Music (K)DR 10:30-Sing-A-Long (K) DR 1:00-Craft Corner (K)DR 1:15-Walking Club (I) DS 2:00-Music Therapy with Patty 3:00-Hydration & Snack (Y) DR 3:30-Guided Imagery (Y) DR	<b>10</b> 9:30-Headlines and Bylines (K) DR 10:00-Shake That Body (K) DR 10:30-Name That Tune (K) DR 1:00-Flamingo Toss (K) DR 2:00- Coloring Pages & Puzzles (K)DR 3:00-Hydration & Snack (K) DR 3:30-Relax & Unwind (K) DR	<b>11</b> 9:30-Morning Mindfulness (I)DR 10:00-Stretch & Flex (K) DR 10:30-Mind Benders (I) DR 1:00- Seasonal Crafts (K) DR 2:00- Cardio Drumming (K) DR 3:00-Hydration & Snack (K) DR 3:30-Guided Relaxation (K) DR	<b>12</b> 9:30-Horoscopes & Headlines (I)DR 10:00-Chair Aerobics (J) DR 10:30-Word Games (J) DR 1:00-Afternoon Stretch (J) DR 1:30-Shooting Gallery (J)DR 2:15-Table Games (I)DR 2:45--Shabbat Service (J) RR 3:00-Hydration & Snack (I) DR 3:30-Musical Memories (I) DR	<b>13</b> 9:30-Morning Mantras (C)DR 10:00-Jazzercise (C) DR 10:45-Rhythm Band (C) DR 1:00-Puzzles & Coloring Fun (K) DR 2:00- Shooting Gallery (K)DR 2:30-Afternoon Movie (K) DR 3:00-Hydration & Snack (K) DR 3:30-Relax & Unwind (K) DR
<b>14</b> 9:30-Greetings and Salutations (Y)DR 10:00-Sit & Be Fit (T) DR 10:30-Finishing Lines (Y) DR 10:45-Virtual Catholic Mass T 11:00-Skeeball (Y) DR 1:00-Sun Room Talk (T) DR 2:00-Tribonds (T) DR 3:00-Hydration & Snack (T) DR 3:30-Musical Memories (T) DR	<b>15 Tax Day</b> 9:30-Greet The Day Y(DR) 10:00-Fitness Fun (Y) DR 10:30- Mathletes (Y) DR 11:00-I Spy (Y) DR 1:00-Artists Corner (Y) DR 2:00-Dear Abby (Y)DR 3:00-Hydration & Snack (Y) DR 3:30-Melaxing Music (Y) DR	<b>16</b> 9:30 Morning Affirmations (K) DR 10:00-Movement To Music (K)DR 10:30-Name That Tune (K) DR 1:00 What does it Cost? (Y) DR 1:15-Walking Club (I) DS 2:00-Minute to Win it (Y)DR 3:00-Hydration & Snack (Y) DR 3:30-Relax & Unwind (Y) DR	<b>17</b> 9:30-Headlines and Bylines( K) DR 10:00-Shake That Body (K) DR 10:30-Skeeball (K)DR 1:00-Beach Volleyball (M) DR 1:30-Bus Ride (M ) T 2:00-Coloring Pages & Puzzles (M)DR 3:00-Hydration & Snack (M) DR 3:30-Guided Meditation (M) DR	<b>18</b> 9:30-Morning Mindfulness (I)DR 10:00-Stretch & Flex (K) DR 10:30-Tribonds(K) DR 1:00- Seasonal Crafts (I) DR 2:00- Cardio Drumming (I) DR 3:00-Hydration & Snack (I) DR 3:30-Relax & Unwind (I) DR	<b>19 Sonia C.'s Birthday</b> 9:30-Horoscopes & Headlines (M)DR 10:00-Chair Aerobics (J) DR 10:30-Word Games (J) DR 1:00-Afternoon Stretch (J) DR 1:30- Shooting Gallery (J)DR 2:15-Table Games (C)DR 2:45--Shabbat Service (J) RR 3:00-Hydration & Snack (J) DR 3:30-Musical Memories (P) DR	<b>20</b> 9:30 Morning Mantras (C)DR 10:00-Jazzercise (C) DR 10:30-Sing Along (C) DR 1:00-Adult Coloring (K) DR 1:00-Pretty Nails (K)DR 2:00-Skeeball (K)DR 2:30-Afternoon Movie (K) DR 3:00-Hydration & Snack (K)DR 3:30-Guided Meditation (K)DR
<b>21</b> 9:30-Morning Greetings (M)DR 10:00-Sit & Be Fit (M) DR 10:30- Hot Potato (Y) DR 10:45-Virtual Catholic Mass (E) 11:00-Backwords (M)DR 1:00-Sun Room Talk (M) DR 2:00-Model Sedar with Rabbi Liss (T)R 2:00-Oodles (M)DR 3:00-Hydration & Snack (M) DR 3:30-Musical Memories (M) DR	<b>22 Passover Begins</b> 9:30-Greet The Day Y(DR) 10:00-Fitness Fun (Y) DR 10:30- Spelling Bee (Y) DR 11:00-I Spy (Y) DR 1:00-Artists Corner (Y) DR 2:00-You Be The Judge (Y)DR 3:00-Hydration & Snack (Y) DR 3:30-Relaxing Music (Y) DR	<b>23</b> 9:30 Morning Affirmations K(DR) 10:00-Movement To Music (K)DR 10:30-Sing-A-Long (K) DR 1:00 Price Is Right (Y)-DR 1:15-Walking Club (I) DS 2:00-Music Therapy with Patty 3:00- Hydration & Snack (Y) DR 3:30-Guided Relaxation (Y) DR	<b>24</b> 9:30-Headlines and Bylines (K) DR 10:00-Shake That Body (K) DR 10:30-Deck Hockey (K) DR 1:00-Nature Appreciation (K)DR 2:00- Coloring Pages & Puzzles (K)DR 2:45-Chair Yoga with Linda (K) DR 3:00-Hydration & Snack (K) DR 3:30-Songs from the Past (K) DR	<b>25</b> 9:30-Morning Mindfulness (I)DR 10:00-Stretch & Flex (K) DR 10:30-Mind Benders (K) DR 1:00-Seasonal Arts & Crafts (K) DR 2:00- Cardio Drumming (K) DR 3:00-Hydration & Snack (K) DR 3:30-Guided Relaxation (K) DR	<b>26</b> 9:30-Horoscopes & Headlines (I)DR 10:00-Chair Aerobics (J) DR 10:30-Word Games (J) DR 1:00-Afternoon Stretch (I) DR 1:30- Shooting Gallery (I)DR 2:15-Table Games (I)DR 2:45--Shabbat Service (J) RR 3:00-Hydration & Snack (I) DR 3:30-Musical Memories (I) DR	<b>27</b> 9:30 Morning Mantras (C)DR 10:00-Jazzercise (C) DR 10:30-Rhythm Band (C) DR 1:00-Adult Coloring (K) DR 1:30-Pretty Nails (K)DR 2:00-Grocery Games (K)DR 2:30-Afternoon Movie (K) DR 3:00-Hydration & Snack (K)DR 3:30-Guided Meditation (K)DR
<b>28</b> 9:30-Morning Greetings (Y)DR 10:00-Sit & Be Fit (M) DR 10:30-Skeeball (Y) DR 10:45-Virtual Catholic Mass (M) 1:00-Sunday Funday Games (T)DR 2:00-Tribonds (T) DR 3:00-Hydration & Snack (T) DR 3:30-Musical Memories (T) DR	<b>29</b> 9:30-Greet The Day Y(DR) 10:00-Fitness Fun (Y) DR 10:30- Academic Quiz Bowl (Y)DR 11:00-Name That Tune (Y) DR 1:00-Artists Corner (Y) DR 2:00-Scruples (Y)DR 3:00-Hydration & Snack (Y) DR 3:30-Relaxing Music (Y) DR	<b>30 Passover Ends</b> 9:30 Morning Affirmations (K) DR 10:00-Movement To Music (K)DR 10:30-Sing-A-Long (K) DR 1:00-Minute to Win It (Y)DR 1:15-Walking Club (I) DS 2:00-Craft Corner (Y)DR 3:00-Hydration & Snack (Y) DR 3:30-Relax & Unwind (Y) DR	<b>Staff</b> Jennifer Francesca Jacob Madison Tanisha Nikki Neil Jasmine Shyan J F B M T K N I Y	<b>Room Key</b> Dining Room DR Patio P Living Room LR Sun Room SR Recreation Room RR Down Stairs DS Trip T	All programs are subject to change, with notice. Please direct any questions to Erica Ferrara Safe Harbor Director, or Annmarie Hegarty, Recreation Director.  Thank You	