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| C: April Fun Facts <br> P: Arm Aerobics <br> E/C: Spirituality with Pastor Paul or Quizmania <br> LUNCH <br> A: Paint Class w/ Merry \& Leo or Music Through the Decades <br> P: Ladder Golf <br> C: What's that Occupation <br> C: Fact or Foolery | C: Elder Trivia <br> P/O: Cardio Drumming or PB\&J Cookies <br> C/E: Last Letter Challenge or What's in the Bag? LUNCH <br> P: Bean Bag Bocce <br> C: ABC Word Challenge or Shake Loose Memory <br> A: The Beatles Sing Along <br> C: Have You Ever? | C: Brain Boosters <br> P: Core Exercise <br> C: Bible Study or Metaphors LUNCH <br> E/A: Pet Therapy with Billy or Seasons Choral <br> P: Ice Cream Sundae Toss <br> C: Ice Cream Fun Facts <br> C: Country Life Trivia | C: Family Memory Lane <br> P: Can Weights <br> C: Russ Franzen Great Lakes History in Song LUNCH <br> C/A: Train of Thought or The Beatles Sing Along <br> P: Hoop Toss <br> C: Yesterdays Photos <br> C: Table Ball | C: Baseball Trivia <br> P: Bean Bag Exercise <br> A/C: Hits of the 60's or Finishing Lines LUNCH <br> C: Michigan Mammals- CNC Presentation <br> P: Baseball <br> C: The Good Old Days <br> C: Alphabetics |
| C: Solar Eclipse Trivia <br> P: Dance Aerobics <br> E/C: Spirituality with Pastor Paul or Word <br> Teasers <br> LUNCH <br> P: Texas Horseshoes <br> C: Words in Words or Name Ten <br> A: Sing, Dance, Reminisce <br> E: Kids Say the Darndest Things | C: iPad Memory Lane Games <br> P: Healthy Bodies <br> E/A: Travelogue: Scottish Highlands or Musical <br> Twister LUNCH <br> P: Shuffle Board <br> C: Eat, Wear, Drive or Finishing Lyrics <br> C: What's that Occupation <br> C: Pastimes | C: Little Known Facts <br> P: Dance Aerobics <br> C/A: Bible Study or Musical Toss LUNCH <br> P: Battle Buckets <br> C/A: The History Of... or Inventive Songs <br> C: Remembering Spring Gardening <br> P: Battle Ball | C: Pets are Family <br> P: Healthy Bodies <br> C: Invention or Imagination or Trivia Treasury LUNCH <br> A: Music with Merry and Leo <br> P: Corn Hole <br> E: Oregon Zoo Virtual Visit <br> C: Pondering Prompts | C: The Name Game <br> P: Healthy Bodies <br> C: Bingo or Shake Awake Your Taste LUNCH <br> P: Bean Bag Toss <br> C: Sports Trivia or Finishing Lines <br> A: Musical Connections <br> C: Conversation Cards |
| C: Down Memory Lane <br> P: Chair Yoga with Keri <br> E: Spirituality with Pastor Paul or <br> Sharpen Your Senses <br> LUNCH <br> P: Ring Toss <br> E/C: Observation Challenge or A to Z Trivia <br> A: Picture the Song <br> C: Yesterdays Photos | C: Classic TV Commercials <br> P: Bean Bag Exercise <br> C: Jumbo Crossword or I Hear Music LUNCH <br> C/A: What Would You Do? or Select a Song <br> P: Shuffle Putt <br> E: What's in the Bag? <br> C: Yes, I Have | C: Fact or Fiction <br> P: Arm Aerobics <br> C: Bible Study or Pet Therapy with Duke LUNCH <br> P: Football Toss <br> C/A: Brain Drain Or Beach Boys Sing Along <br> C: Journey Through the $20^{\text {th }}$ Century <br> C: Finish the Phrase | C: Riddle Me This <br> P: Ball Exercise <br> E/A: What Do You See? or Sweet <br> Memories Sing Along LUNCH <br> P: Axe Throwing <br> A/C: Art Appreciation or Guess in 10 <br> E: Oregon Zoo Virtual Visit 2 <br> C: Memories and Musings | C: Random Trivia <br> P: Bean Bag Exercise <br> C/A: Famous Faces or Name That Tune LUNCH <br> P: Volleyball <br> C: Ripley's Believe it or Not or Storymatic <br> E: Life in the 60's <br> C: Swatter Ball |
| C: Earth Day Trivia <br> P: Core Exercise <br> E/C: Spirituality with Pastor Paul or Recipe Recall LUNCH <br> P: Top Toss <br> C: Earth Day Mystery Word or Weather Finish the Phrase <br> C: Remembering Family Sundays <br> P: Zig Zag Zoom | C: Storylines <br> P: Dance Aerobics <br> C/A: Blank Slate or Car-a-oke Road Trip Sing Along LUNCH <br> P: Disc Golf <br> C/A: Alphabet Challenge or Name that TV Theme Song <br> C: Old Wives Tales <br> P: Swatter Ball | C: Interactive Trivia <br> P: Arm Aerobics <br> C: Bible Study or Word Wonders <br> LUNCH <br> P: Floor Darts <br> C/A: Where in the World or Happy Days <br> Sing Along <br> C: Trivia Time <br> C: Name that Memory | C: Game Show Trivia <br> P: Upper Body Stretch <br> C: Jeopardy or Suzie Q Sing Along LUNCH <br> A: Native American Flutes or Name that Tune <br> P: Press Your Luck Bean Bag Toss <br> C: Family Feud <br> C: Book of Firsts | C: Who Wants to be a Millionaire <br> P: Can Weights <br> C/A: Card Sharks or Musical Wheel of Fortune LUNCH <br> P: \$25,000 Pyramid Toss <br> C: The Price is Right or School Days Trivia <br> E: Popcorn and a Game Show <br> C: Everyday Life Trivia |
| C: EZ Does it Trivia <br> P: Resistance Band Exercise <br> C/A: Spirituality with Pastor Paul or <br> Happy Days Sing Along LUNCH <br> C: Three Letters or Clue Trivia <br> P: Disc Golf <br> E: Life in the 50 's <br> C: Mind Joggers | C: Toss n Talk Ball <br> P: Arm Aerobics <br> C: Six Words or History of Legos LUNCH <br> P: Bottle Ring Toss <br> C/A: Tribond or Springtime Sing Along <br> C: Retro Toys <br> C: Choices |  | Adult Day Health S | vices |

Program Key: P-Physical, A-Creative Arts/Music, C-Cognitive, E-Environmental/ Sensorn,
Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 12:45PM, 1:45PM, $2: 45 \mathrm{PM}, 3: 45 \mathrm{PM}$

