




Wilder Adult Day Health Services – Great Room

651-280-2500

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:15 Exercise & Weights 11:00 Tunnel Run 12:30 Jumbo Dice 1:00 Music w/Janine 2:30 Charades</p>	<p>3</p> <p>10:15 Exercise w/weights 11:00 Spring Nine Square 12:30 Book Club/Hallway Chats 1:00 Music w/MacPhail 2:30 Puzzles/Word Search Table Games</p>	<p>4</p> <p>10:00 Ageless Grace® 10:30 Art Class w/Sandra 10:30 Balloon Volleyball 11:15 Name that memory 12:30 State Capitols 1:00 Name that tune 2:30 Alphabet Soup</p>	<p>5</p> <p>10:15 Exercise w/weights 11:00 Bowling 12:30 Wilder Choir 12:30 Laughter the Best Medicine 1:30 Wilder Band 1:30 April Happenings 2:30 Rhyme Time</p>	<p>6</p> <p>10:00 Men's Group 10:15 Garden Planning 11:00 Dip Taste Test w/Chef Ray 12:15 Exercise w/weights 1:00 Music w/Janine 2:30 Spell Up & Down</p>
<p>9</p> <p>10:15 Dance & Drama 11:00 Exercise & Weights 12:30 Spring Walks 1:00 Hymn Sing 2:30 Outburst</p> 	<p>10</p> <p>10:00 Ageless Grace® 10:30 Art Class w/Sandra 10:30 Horse Shoes 11:15 Pick A Letter 12:30 Book Club/Hallway Chats 1:00 Historic Churches 2:30 Tidbits</p>	<p>11</p> <p>10:15 Exercise w/weights 11:00 Baking w/Baker 11:00 Time Slips 12:30 National Pet Day 1:00 Music w/Janine 2:30 Grid Game</p> 	<p>12</p> <p>10:15 Exercise w/weights 11:00 Horse Shoes 12:30 Wilder Choir 12:30 Tribond Game 1:30 Wilder Band 1:30 Musing Memories & Make Believe 2:30 Puzles/Word Search Table Games</p>	<p>13</p> <p>10:00 Men's Group 10:15 Lavish Ladies 12:15 Exercise w/weights 1:00 Travel to California 2:30 Treasured Memories</p> 
<p>16</p> <p>10:15 Dance & Drama 11:00 Exercise w/weights 12:30 Penny Ante 1:00 Famous Art & Artists 2:30 Jokes & Riddles</p>	<p>17</p> <p>10:00 Ageless Grace® 10:30 Art Class w/Sandra 10:30 Time Slips 12:30 Book Club/Hallway Chats 1:00 Music w/Janine 2:30 Birthday of Ford Mustang</p>	<p>18</p> <p>10:15 Exercise w/weights 11:00 Baking w/Baker 11:00 Garden Planning 12:30 Jumbo Dice 1:00 Music w/MacPhail 2:30 Spell Up & Down</p>	<p>19</p> <p>10:15 Exercise w/weights 10:30 Sun Room Poetry 11:00 Tic Tac Toss 12:30 Wilder Choir 12:30 News w/Walter Cronkite 1:30 Wilder Band 1:30 Question Ball 2:30 Charades</p>	<p>20</p> <p>10:00 Men's Group 10:15 Women's Group/ Earth Day 12:15 Exercise w/weights 1:00 Great Room Poetry 2:30 Tribute to Lucy</p>
<p>23</p> <p>10:15 Dance & Drama 11:00 Exercise w/weights 12:30 Story Telling 1:00 Hymn Sing 2:30 Rhyme Time</p>	<p>24</p> <p>10:15 Exercise w/weights 11:00 Grid Game 12:30 Book Club/Hallway Chats 1:00 Blast from the past 2:30 Outburst</p>	<p>25</p> <p>10:00 Ageless Grace® 10:30 Art Class w/Sandra 10:30 Table Taps 11:15 Breath of Fresh Air 12:30 Chicken Soup for the Soul 1:00 Music w/Charlie Maguire 2:30 Grid Game</p>	<p>26</p> <p>10:15 Exercise w/weights 11:00 Lawn Darts 12:30 Wilder Choir 12:30 Mother Nature 1:30 Wilder Band 1:30 Mocktail Taste Test 2:30 Pictionary</p>	<p>27</p> <p>10:00 Men's Group 10:15 Lavish Ladies 12:15 Exercise w/weights 1:00 Music w/Janine 2:30 Earth & Arbor Day</p>
<p>30</p> <p>10:15 Dance & Drama 11:00 Exercise w/eights 12:30 Breath of Fresh Air 1:00 Karla Dance & Movement 2:30 Giant Crossword</p>				<p>DAILY</p> <p>10:00 Th,F,Exercise w/weights 11:50 Lunch 2:00 Snack 1 2:00 Sensory Group 3:00 Snack 2 3:15 Table Game Activities</p>