# Events and Activities at Cranston Adult Day Services

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **1**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Art: Flower Field<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **2**<br>9:15 Good Old Days<br>9:45 Tai Chi w/Tim<br>10:30 Clover Crafts<br>12:00 Lunch<br>1:00 Ring-Toss<br>2:00 Participants' Choice | **3**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Cooking: Banana Cream Pie!<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | **4**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Sing Along w/Tim<br>12:00 Lunch<br>1:00 Kickball<br>2:00 Participants' Choice | **5**<br>9:15 Friday Humor<br>9:45 Exercise w/Flo<br>10:30 Paper Quilt Square<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |
| **8**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Art: Spring Robins<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **9**<br>9:15 Good Old Days<br>9:45 Tai Chi w/Tim<br>10:30 Rainbow Crafts<br>12:00 Lunch<br>1:00 Darts<br>2:00 Participants' Choice | **10**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Cooking: Pimento & Cheese Celery Boats<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | **11**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Drumming w/Tim<br>12:00 Lunch<br>1:00 Bowling<br>2:00 Participants' Choice | **12**<br>9:15 Friday Humor<br>9:45 Exercise w/Flo<br>10:30 Painted Pots Craft<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |
| **15**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Art: Shamrocks<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **16**<br>9:15 Good Old Days<br>9:45 Tai Chi w/Tim<br>10:30 Music w/Tim<br>12:00 Lunch<br>1:00 Bocce<br>2:00 Participants' Choice | **17**<br>**St. Patrick's Day**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Cooking: Soda Bread<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | **18**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Cooking: zepoles<br>12:00 Lunch<br>1:00 **St. Patrick's & St. Joseph's Day Party**<br>2:00 Participants' Choice | **19**<br>**St. Joseph's Day**<br>9:15 Friday Humor<br>9:45 Exercise w/Flo<br>10:30 Italian Flags Art<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |
| **22**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Art: Spring Wreath<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **23**<br>9:15 Good Old Days<br>9:45 Tai Chi w/Tim<br>10:30 Sheepish Crafts<br>12:00 Lunch<br>1:00 Ball Toss<br>2:00 Participants' Choice | **24**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Cooking: Chocolate Raisins<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | **25**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Music Bingo<br>12:00 Lunch<br>1:00 Shuffleboard<br>2:00 Participants' Choice | **26**<br>9:15 Friday Humor<br>9:45 Exercise w/Flo<br>10:30 Tea-Towel Bears<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |
| **29**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Art: Bear Mountain<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **30**<br>9:15 Good Old Days<br>9:45 Tai Chi w/Tim<br>10:30 Spring Wreath Craft<br>12:00 Lunch<br>1:00 Noodle Tennis<br>2:00 Participants' Choice | **31**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Cooking: Lemon Chiffon Cake<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | | |

*Please note, activities are subject to change based on the needs and interests of our clients.*

# April 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | **1**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Sing Along w/Tim<br>12:00 Lunch<br>1:00 Afternoon Stretch<br>2:00 Participants' Choice | **2**<br>**Good Friday**<br>9:15 Humor Hour<br>9:45 Exercise w/Flo<br>10:30 Sweet Bread Making<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |
| **5**<br>**Easter Monday**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Art: Bunnies<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **6**<br>9:15 Old Time Stories<br>9:45 Tai Chi w/Tim<br>10:30 Craft: Sock Bunnies<br>12:00 Lunch<br>1:00 Ball Toss<br>2:00 Participants' Choice | **7**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Cake Décor: Bunny<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | **8**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Drumming w/Tim<br>12:00 Lunch<br>1:00 Basketball<br>2:00 Participants' Choice | **9**<br>9:15 Humor Hour<br>9:45 Exercise w/Flo<br>10:30 Straw Eggs<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |
| **12**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Butterfly Craft<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **13**<br>9:15 Old Time Stories<br>9:45 Tai Chi w/Tim<br>10:30 Art: Butterflies<br>12:00 Lunch<br>1:00 Shuffleboard<br>2:00 Participants' Choice | **14**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Savory Sensations<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | **15**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Music Bingo<br>12:00 Lunch<br>1:00 Balloon Bop<br>2:00 Participants' Choice | **16**<br>9:15 Humor Hour<br>9:45 Exercise w/Flo<br>10:30 Creative Arts<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |
| **19**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Art: Bees<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **20**<br>9:15 Old Time Stories<br>9:45 Tai Chi w/Tim<br>10:30 Fabric Pots Craft<br>12:00 Lunch<br>1:00 Bowling<br>2:00 Participants' Choice | **21**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Garden Sweet Cake<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | **22**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Sing Along<br>12:00 Lunch<br>1:00 Bocce<br>2:00 Participants' Choice | **23**<br>9:15 Humor Hour<br>9:45 Exercise w/Flo<br>10:30 **Laughter Yoga**<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |
| **26**<br>9:15 Mental Fitness<br>9:45 Exercise w/Doreen<br>10:30 Art: Cherry Blossom<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice | **27**<br>9:15 Old Time Stories<br>9:45 Tai Chi w/Tim<br>10:30 Surprise Craft!<br>12:00 Lunch<br>1:00 Kickball<br>2:00 Participants' Choice | **28**<br>9:15 News Currents<br>9:45 Exercise w/Lisa<br>10:30 Savory Sensations<br>12:00 Lunch<br>1:00 Cards & Pokeno<br>2:00 Participants' Choice | **29**<br>9:15 Mental Fitness<br>9:45 Tai Chi w/Tim<br>10:30 Drumming w/Tim<br>12:00 Lunch<br>1:00 Ring-Toss<br>2:00 Participants' Choice | **30**<br>9:15 Humor Hour<br>9:45 Exercise w/Flo<br>10:30 Creative Arts<br>12:00 Lunch<br>1:00 Bingo<br>2:00 Participants' Choice |

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