

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 31	Apr 1	2	3	4	5	6
	APRIL FOOLS DAY	10:00am Bible Study with North Highlands Church of Christ	11:00am Stand Up Exercise	11:00am Stretch it out	10:30am Dancercize	11:00am Twist And Shout Exercise
	8:00am April Fools Day Trivia	11:00am Move And Groove Exercise	2:00pm Bingo Blast	2:00pm Bible Study with Caroline Ward	2:00pm Bingo Blast	2:00pm Manicures
	11:30am Noodlesize Exercise	2:00pm Spring Fling	3:00pm Music Therapy	3:00pm Walk With a Buddy	3:00pm Puzzles	3:00pm Walk With a Buddy
	2:00pm Bingo Blast					
	3:00pm April Fools Day word search	3:00pm Toss the Ball				
7	8	9	10	11	12	13
10:30am Video Chair Exercise	11:30am Noodlesize Exercise	10:00am Bible Study with North Highlands Church of Christ	11:00am Stand Up Exercise	11:00am Stretch it out	10:30am Dancercize	11:00am Twist And Shout Exercise
11:00am Charles Stanley Sermon	2:00pm Bingo Blast	11:00am Move And Groove Exercise	2:00pm Bingo Blast	2:00pm Bible Study with Caroline Ward	2:00pm Bingo Blast	2:00pm Manicures
2:30pm Featured Film	3:00pm Ring Toss	2:00pm Birdhouse Craft	3:00pm Music Therapy	3:00pm Walk With a Buddy	3:00pm Puzzles	3:00pm Walk With a Buddy
		3:00pm Toss the Ball				
14	15	16	17	18	19	20
10:30am Video Chair Exercise	11:30am Noodlesize Exercise	10:00am Bible Study with North Highlands Church of Christ	11:00am Stand Up Exercise	11:00am Stretch it out	10:30am Dancercize	11:00am Twist And Shout Exercise
11:00am Charles Stanley Sermon	2:00pm Bingo Blast	11:00am Move And Groove Exercise	2:00pm Bingo Blast	2:00pm Bible Study with Caroline Ward	2:00pm Bingo Blast	2:00pm Manicures
2:30pm Featured Film	3:00pm Ring Toss	2:00pm Scribble Art	3:00pm Music Therapy	3:00pm Walk With a Buddy	3:00pm Puzzles	3:00pm Walk With a Buddy
		3:00pm Toss the Ball				
21	22	23	24	25	26	27
10:30am Video Chair Exercise	11:30am Noodlesize Exercise	10:00am Bible Study with North Highlands Church of Christ	11:00am Stand Up Exercise	11:00am Stretch it out	Arbor Day	11:00am Twist And Shout Exercise
11:00am Charles Stanley Sermon	2:00pm Bingo Blast	11:00am Move And Groove Exercise	2:00pm Bingo Blast	2:00pm Bible Study with Caroline Ward	10:30am Dancercize	2:00pm Manicures
2:30pm Featured Film	3:00pm Ring Toss	2:00pm Wall Art	3:00pm Music Therapy	3:00pm Walk With a Buddy	2:00pm Bingo Blast	3:00pm Walk With a Buddy
		3:00pm Toss the Ball			3:00pm Arbor Day Painting	
28	29	30	May 1	2	3	4
10:30am Video Chair Exercise	11:30am Noodlesize Exercise	10:00am Bible Study with North Highlands Church of Christ				
11:00am Charles Stanley Sermon	2:00pm Bingo Blast	11:00am Move And Groove Exercise				
2:30pm Featured Film	3:00pm Ring Toss	2:00pm Scribble Art				
		3:00pm Toss the Ball				