

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2022

Program Key:

Physical Cognitive Social Emotional & Spiritual Resident Outings

April Fool's Day 1

- 9:00 Comedy Club
- 10:30 Chair Aerobics
- 11:00 Guess a Letter Game
- 1:30 April Fool's Pranking Fun
- 2:30 Funny Ball Game
- 3:00 Hand Massages
- 4:00 One Cent Day Coin Sorting

Ramadan 2

- 10:30 Saturday Stretches
- 11:00 Conversation Cards
- 1:30 Second Cup Club: A Cycle of Faith
- 2:30 Crescent Moon Art
- 3:30 Balloon Tennis
- 4:00 Mindful Mandalas

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- 10:30 Sunday Stretches
- 11:00 Karaoke Time!
- 1:30 Bingo Time!
- 2:30 Saco Bay Strollers Walkathon
- 3:00 Let's Learn to Knit!
- 4:00 Word Chain Game

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- 9:00 Finish the Lyrics
- 10:30 Theraband Exercises
- 11:00 National Wildlife Week Discussion
- 1:30 National Vitamin C Day Presentation and Taste Tester
- 2:30 Scenic Drive
- 3:30 Horseshoe Tournament
- 4:00 Happy Housekeepers

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- 9:00 You've Got Mail
- 10:30 Red Gallagher Performs!
- 11:30 Oh Domino!
- 1:30 Yoga Stretches
- 2:30 Coffee Filter Flowers
- 3:30 National Wildlife Week Discussion
- 4:15 Slap Ball

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- 9:00 Word Puzzle Club
- 10:30 Head to Toe Workout
- 11:00 Spiritual Songs w Laura
- 1:30 Darts Club
- 2:00 Tinkering Group Project
- 3:00 Pet Partners Visit!
- 4:00 National Wildlife Week Discussion
- 5:30 Night Bingo

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- 9:00 Riveting Readers Group
- 10:30 Weightlifting
- 11:00 Veteran's Social
- 1:00 Red Sox Opening Day!
- 1:30 Ann Sparling Performs!
- 2:30 Fingers & Toes Exercises
- 3:30 National Wildlife Week Discussion
- 4:15 Manicure Madness

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- 9:30 Animal Hour
- 10:30 Chair Aerobics
- 11:00 Hanging Flower Craft
- 1:30 National Wildlife Week Discussion
- 2:30 Cat Grass Planting
- 3:30 Tai Chi for Arthritis
- 4:15 Recipe Card Browsing

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- 10:30 Saturday Stretches
- 11:00 Yahtzee with Laura
- 1:30 Second Cup Club
- 2:30 What's Your Favorite Flower?
- 3:00 Balloon Tennis
- 4:00 Mindful Mandalas

Palm Sunday 10

- 10:30 Sunday Stretches
- 11:00 Karaoke Time!
- 1:30 Bingo Time!
- 2:30 Saco Bay Strollers Walkathon
- 3:00 Psalm Collage Art
- 4:00 Crazy Crosswords Group

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- 10:30 Theraband Exercises
- 11:00 You Be the Judge
- 1:30 Rock Mining
- 2:30 Music Circle
- 3:30 Ladder Ball
- 4:15 Happy Housekeepers

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- 9:00 You've Got Mail
- 10:30 Saco History with Anatole Brown
- 11:30 Seashell Sorting
- 1:30 Volunteer Appreciation Project
- 2:30 Corn Hole Game
- 3:30 This Week's News Discussion
- 4:15 Slap Ball

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- 9:00 Word Puzzle Club
- 10:30 Music with Sharon Wright
- 11:30 Riddle Me This
- 1:30 Head to Toe Workout
- 2:30 Tinkering Group Project
- 3:30 Bible Study Group
- 4:15 Target Shooting
- 5:30 Roulette Game

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- 9:00 Poetry Time
- 10:30 Weightlifting
- 11:00 Garden Cart Building
- 1:30 Ice Cream Social
- 2:30 Scarf Dancing
- 3:30 Gentlemen's Spa
- 4:15 Manicure Madness

Pass Over & Good Friday 15

- 9:00 10 Things to Know About Passover
- 10:30 Chair Aerobics
- 11:00 Riveting Readers Group
- 1:30 All Aboard the Titanic
- 2:30 Easter Egg Dying
- 3:30 Tai Chi for Arthritis
- 4:00 Family Feud Game

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- 10:30 Saturday Stretches
- 11:00 Guess That Jellybean
- 1:30 Second Cup Club: The Evolution of the Easter Bunny
- 2:30 Boxing Class
- 3:30 Mindful Mandalas
- 4:00 Balloon Tennis

Easter Sunday 17

- 10:30 Sunday Stretches
- 11:00 Easter Prayer Group
- 1:30 Can You Picture This?
- 2:30 Saco Bay Strollers Walkathon
- 3:00 Button Easter Eggs
- 4:00 Scrambled Eggs Word Game

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- 9:00 Finish the Phrase
- 10:30 Zumba Class with Sara Googins
- 11:00 Buzzword
- 1:30 Motor Land Museum Trip
- 2:30 Concert Theater Program
- 3:30 Horseshoe Tournament
- 4:00 Happy Housekeepers

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- 9:00 You've Got Mail
- 10:30 Harbor Singers Visit
- 11:00 Chicken Raising Presentation
- 1:30 Yoga Stretches
- 2:30 Radio Reminiscing
- 3:30 Horse Races
- 4:15 Slap Ball

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- 9:00 Word Puzzle Club
- 10:30 Head to Toe Workout
- 11:00 Spiritual Songs w Laura
- 1:30 Resident Council Meeting
- 2:30 Tinkering Group Project
- 3:30 Flower Arranging
- 4:15 Fishing Fun
- 5:30 Poker Club

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- 9:00 Poetry Time
- 10:30 Jazz with Bess & Per
- 11:30 Tabletop Games
- 1:30 Ice Cream Social
- 2:30 Fingers & Toes Exercises
- 3:30 The Headband Game
- 4:00 Manicure Madness

Earth Day 22

- 10:00 Unique Endangered Animals
- 10:30 Thornton Academy Baseball Game
- 1:30 Tai Chi for Arthritis
- 2:30 The Nature Around Us
- 3:30 Puzzle Club
- 4:15 Sensory Station

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- 10:30 Saturday Stretches
- 11:00 Yahtzee w/ Laura
- 1:30 Second Cup Club
- 2:30 Picture This
- 3:30 Mindful Mandalas
- 4:00 Balloon Tennis

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- 10:30 Sunday Stretches
- 11:00 Karaoke Time!
- 1:30 Bingo Time!
- 2:30 Saco Bay Strollers Walkathon
- 3:00 Music Circle
- 4:00 Crazy Crosswords Group

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- 10:30 Theraband Exercises
- 11:30 Jenga Game
- 1:30 Irish Tunes with Kevin Farley
- 2:30 Antiques Roadshow Game
- 3:30 Washer Toss
- 4:15 Happy Housekeepers

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- 9:00 You've Got Mail
- 10:30 Yoga Stretches
- 11:00 All About Babe Ruth
- 1:30 Recipe Card Browsing
- 2:30 Horse Treat Making
- 3:30 Cinco De Mayo Decorating
- 4:15 Slap Ball

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- 9:00 Word Puzzle Club
- 10:30 Head to Toe Workout
- 11:00 Spiritual Songs w Laura
- 1:30 April Birthday Party
- 2:30 Tinkering Group Project
- 3:30 Bible Study Group
- 4:15 Tap Dancing
- 5:30 Night Bingo

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- 9:00 Trivia Time
- 10:30 Weightlifting
- 11:00 Veteran's Social
- 1:30 Tinkering Group Trip
- 1:30 Ice Cream Social
- 2:30 Scarf Dancing
- 3:30 Horoscopes with Cass
- 4:15 Manicure Madness

Arbor Day 29

- 9:00 Poetry Time
- 10:30 Chair Aerobics
- 11:00 Tree Trivia
- 1:30 Puzzle Piece Tree Craft
- 2:30 Top Forests In the World
- 3:30 Tai Chi for Arthritis
- 4:00 Arbor Day Social Hour

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- 10:30 Saturday Stretches
- 11:00 Conversation Cards
- 1:30 Second Cup Club
- 2:30 Boxing Class
- 3:30 Mindful Mandalas and Saturday's Signature Drink
- 4:00 Balloon Tennis