

Mariah Cearley- Enrichment Coordinator | 405-792-2401| This institution is an equal opportunity provider.

	Tuesdays	Wednesday	Thursday	Friday	
	9:00 Golden Walkers 9:30 Senior Stretch 10:00 Hats/April Fools Jokes 11:30 Lunch 12:30 Mix and Mingle 1:00 Floor Game 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 10:00 Creative Writing 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 10:00 Music w/ Catherine 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie 2:00 Snack/Bday Party w/ Leslie 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 10:00 Feral Cats 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	
	9:00 Golden Walkers 9:30 Balloon Volleyball 10:00 Participant Council 11:30 Lunch 12:30 Mix and Mingle 1:00 Pirate ship 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 10:00 Beach Painting 11:30 Lunch 12:30 Mix and Mingle 1:00 Craft Catch Up 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 10:00 Creative Writing 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 10:00 Pirate Ship 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 10:00 Scavenger Hunt 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
	9:00 Golden Walkers 9:30 Balloon Volleyball 10:00 Sea Shell Cookies * 11:30 Lunch 12:30 Mix and Mingle 1:00 MockTail Margaritas 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 10:00 Creative Writing 11:30 Lunch 12:30 Mix and Mingle 1:00 Craft Catch Up 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 10:00 Culinary Class w/ Amy 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 10:00 Music w/ Catherine 11:30 Lunch 12:30 Music w/ Margo/Bella Dogs 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 10:00 Easter Bunny Craft 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
	9:00 Golden Walkers 9:30 Balloon Volleyball 10:00 Moon Sand * 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 10:00 Spring Flower Craft 11:30 Lunch 12:30 Mix and Mingle 1:00 Sand Castles 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 10:00 Culinary Class w/ Amy 11:30 Lunch 12:30 Crochet w/ Essie 1:00 Crochet w/ Essie 2:00 Snack 2:30 Table Games 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 10:00 Creative Writing 11:30 Lunch 12:30 Music w/ Margo 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 10:00 Caribbean Pirate Party * 11:30 Lunch 12:30 Mix and Mingle 1:00 Carribean Pirate Party* 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
	9:00 Golden Walkers 9:30 Balloon Volleyball 10:00 Hats 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 10:00 Creative Writing 11:30 Lunch 12:30 Mix and Mingle 1:00 Craft Catch Up 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 10:00 Culinary Class w/ Amy 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	 <h2>Meet Us In The Carribean Islands</h2>	
Special Events Tuesdays-Volunteering 04/11-Picture Form Deadline 04/17-Picture Day 04/23-Crochet w/ Essie	Birthdays 04/04- Mike D 04/08-Kierra 	Outings 04/03-Wreath Supplies 04/04-Braums Ice Cream 04/09-Police Department Tour 04/16-Crafts W/ Travis in Edmond 04/18-Pamper Party at FT Salon 04/28-Feed the Ducks	Participant of the Month Amy is an AMAZING friend here at DLC. She is always looking out for everyone else. Amy enjoys art, bingo, telling jokes. Amy is always looking for ways to help, and brings the biggest smile to everyone here at the center! 		