

Travis Rice | Enrichment Coordinator | 405-471-6867 | This institution is an equal opportunity provider.

Monday	Tuesdays	Wednesday	Thursday	Friday	
	9:00 Silver Sneakers 9:30 Chair Exercise 1	9:00 Healthy Hearts 9:30 Aerobics 2	9:00 Golden Walkers 9:30 Physical Fitness 3	9:00 Frenzy Feet 9:30 Muscle Memory 4	
	10:30 Make a Bahamian Flag 11:30 Lunch 12:30 Daily Discussions 1:00 Karaoke 2:00 Snacks / Music 2:30 Table Games 3:30 Current Events	10:30 Hangman 11:30 Lunch 12:30 Mix and Mingle 1:00 Church 2:00 Snacks N Jams 2:30 Sunlight Singers 3:30 Current Events	10:00 Bella Foundation 11:30 Lunch 12:30 News / Socializing 1:00 Bingo 2:00 Snacks N Melodies 2:30 Remember When 3:30 Current Events	10:30 Trivia Time 11:30 Lunch 12:30 DLC Movie Extravaganza 1:00 DLC Movie Extravaganza 2:00 Snacks / Sweet Tunes 2:30 Mathematics 3:30 Current Events	
	9:00 Marching Madness 9:30 Chair Volleyball 7	9:00 Silver Sneakers 9:30 Chair Exercise 8	9:00 Healthy Hearts 9:30 Aerobics 9	9:00 Golden Walkers 9:30 Physical Fitness 10	9:00 Frenzy Feet 9:30 Muscle Memory 11
	10:30 Bingo 11:30 Lunch 12:30 Book Club 1:00 Participant Council 2:00 Snacks N Tunes 2:30 Daily Chronicle 3:30 Current Events	10:30 Palm Tree Creations 11:30 Lunch 12:30 Daily Discussions 1:00 Karaoke 2:00 Snacks / Music 2:30 Table Games 3:30 Current Events	10:30 Grocery Store Activity 11:30 Lunch 12:30 Mix and Mingle 1:00 Church 2:00 Snacks N Jams 2:30 Sound Bath 3:30 Current Events	10:30 Bingo 11:30 Lunch 12:30 News / Socializing 1:00 Bahamian Documentary 2:00 Snacks N Melodies 2:30 Remember When 3:30 Current Events	10:30 Brain Teaser 11:30 Lunch 12:30 DLC Cinema 1:00 DLC Cinema 2:00 Snacks / Sweet Tunes 2:30 A Walk Through History 3:30 Current Events
	9:00 Marching Madness 9:30 Chair Volleyball 14	9:00 Silver Sneakers 9:30 Chair Exercise 15	9:00 Healthy Hearts 9:30 Aerobics 16	9:00 Golden Walkers 9:30 Physical Fitness 17	9:00 Frenzy Feet 9:30 Muscle Memory 18
	10:30 Bingo 11:30 Lunch 12:30 Book Club 1:00 Tropical Greeting Card 2:00 Snacks N Tunes 2:30 Daily Chronicle 3:30 Current Events	10:30 Art & Crafts Easter Theme 11:30 Lunch 12:30 Daily Discussions 1:00 Catherine Fuller Music 2:00 Snacks / Music 2:30 Table Games 3:30 Current Events	10:30 Who Am I 11:30 Lunch 12:30 Mix and Mingle 1:00 Church Visitors 2:00 Snacks N Jams 2:30 Sound Bath 3:30 Current Events	10:30 Bingo 11:30 Lunch 12:30 Photo Shoot 1:00 Photo Shoot 2:00 Snacks N Melodies 2:30 Remember When 3:30 Current Events	10:30 Memory Game 11:30 Lunch 12:30 DLC Motion Picture 1:00 DLC Motion Picture 2:00 Snacks / Sweet Tunes 2:30 Around The World 3:30 Current Events
	9:00 Marching Madness 9:30 Chair Volleyball 21	9:00 Silver Sneakers 9:30 Chair Exercise 22	9:00 Healthy Hearts 9:30 Aerobics 23	9:00 Golden Walkers 9:30 Physical Fitness 24	9:00 Frenzy Feet 9:30 Muscle Memory 25
10:30 Bingo 11:30 Lunch 12:30 Book Club 1:00 Tropical Smoothie Station 2:00 Snacks N Tunes 2:30 Daily Chronicle 3:30 Current Events	10:30 MYO Sea Shells 11:30 Lunch 12:30 Daily Discussions 1:00 Mocktail Hour 2:00 Snacks / Music 2:30 Make A Calendar 3:30 Current Events	10:30 Cooking Class Johnnycakes 11:30 Lunch 12:30 Mix and Mingle 1:00 Church 2:00 Snacks N Jams 2:30 Sound Bath 3:30 Current Events	10:30 Bingo 11:30 Lunch 12:30 News / Socializing 1:00 Origami Class 2:00 Snacks N Melodies 2:30 Remember When 3:30 Current Events	10:30 Knowledge Bowl 11:30 Lunch 12:30 DLC Featured Flick 1:00 DLC Featured Flick 2:00 Snacks / Sweet Tunes 2:30 Around The World 3:30 Current Events	
9:00 Marching Madness 9:30 Chair Volleyball 28	9:00 Silver Sneakers 9:30 Chair Exercise 29	9:00 Healthy Hearts 9:30 Aerobics 30			
10:30 Bingo 11:30 Lunch 12:30 Book Club 1:00 Island Paintings 2:00 Snacks N Tunes 2:30 Daily Chronicle 3:30 Current Events	10:30 Paint your Seashells 11:30 Lunch 12:30 Daily Discussions 1:00 Karaoke 2:00 Snacks / Music 2:30 Make A Calendar (Finish) 3:30 Current Events	10:30 Cornhole Tournament 11:30 Lunch 12:30 Mix and Mingle 1:00 Church 2:00 Snacks N Jams 2:30 Sound Bath 3:30 Current Events			
Special Events 2-Apr Sunlight Singers 3-Apr Bella Foundation 15-Apr Catherine Fuller Music 16-Apr Church Visitors	Birthdays 6-Apr Nick H 9-Apr Denise V 22-Apr Ruth L 25-Apr John F 25-Apr Michelle H	Outings 1-Apr Myriad Botanical Garden 10-Apr Round 1 Bowling 15-Apr Chicken Shack 23-Apr POPS 30-Apr TLC Gardens	Participant of the Month Torrey Abernathy Always has a smile on his face and has a great positive attitude.		