

April 2024







| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 1 April Fool's Day! 9:00 Brain/Board Games 9:15 Strength Training w/ Amanda 10:30 Four Square Game 10:30 Garden Club ~Fairy Garden 11:00 Balloon tennis 11:30 Lunch 12:00 Penny Bingo | 2 9:00 Brain/Board Games 9:00 Early Bird Stix & Tones 9:45 Stix & Tones 10:30 LCR Game with DIMES! 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games | 3 9:00 Brain/Board Games 9:15 CBS Class 10:30 Pictionary 11:00 Hangman Game 11:30 Lunch 12:00 Qigong 12:15 Armchair Travelers ~Pig Beach, Bahamas | 4 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Creatures Great and Small Traveling Zoo 10:30 Work out Dance Video 11:30 Lunch 12:00 Line Dancing with Linda 12:00 Blank Slate 12:00 Get N Step | 5 9:00 Brain/Board Games 9:15 CBS Class 9:30 Spring Adult Coloring 9:30 Independent Art/ Altered Books 10:30 Werewolf Game 11:30 Lunch 12:00 Penny BINGO |
| 8 9:00 Brain/Board Games 9:45 Movie of The Month ~ The Last Laugh 9:30 Blood Pressure Checks 10:15 War Card Game 11:00 Bocce Ball Game 11:30 Lunch 12:00 Penny BINGO | 9 9:00 Brain/Board Games 9:00 Early Bird Stix & Tones 9:45 Stix & Tones 10:15 Tech Tuesday 10:30 Workout Dance Video 11:30 Lunch 12:00 Wii/Games 12:00 Kitchen Academy ~Baked Ham & Cheese Pinwheels | 10 9:00 Brain/Board Games 9:15 CBS Class 10:15 Bible Study 10:30 Giant Bowling 11:00 Grocery List Game 11:30 Lunch 12:00 Qigong 12:00 Hope Squad ~Importance of Hobbies | 11 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Game w/ Jill 10:30 Dance video 11:30 Lunch 12:00 Line Dancing with Linda 12:00 Caregiver Class 12:00 Get N Step | 12 Facebook Live Gentle Yoga 9:00 Brain/Board Games 9:30 Arts & Crafts w/ Kam ~Pinecone Flower Art 9:30 Jenga Game 10:15 Gentle Seated Yoga 10:15 Heads Up Seven Up Game 11:30 Lunch 12:00 Penny BINGO |
| 15 World Art Day! 9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 9:30 Missy Mondays! 10:15 Group Art Piece 10:30 Garden Club ~ Golden Bloom 10:45 Ladder Golf 11:30 Lunch 12:00 Penny BINGO | 16 9:00 Brain/Board Games 9:00 Early Bird Stix & Tones 9:45 Stix & Tones 10:15 Hydration w/ Isabel Bergey 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games | 17 9:00 Brain/Board Games 9:15 CBS Class 9:30 Kerplunk Game 9:30 Socrates Cafe 10:30 Chair Volleyball 11:00 Dominoes 11:30 Lunch 12:00 Qigong | 18 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 The More You Know ~Spring Equinox 10:30 Now You Have it 10:30 Basic Steps Line Dance 11:30 Bagged Lunch 12:00 Line Dancing 12:00 Get N Step | 19 9:00 Brain/Board Games 9:15 CBS Class 9:30 Independent Art/ Altered Books 9:45 Paper Rock Scissor Tournament Game 10:30 Four Corners Game 11:30 Lunch 12:00 Penny BINGO |
| 22 Earth Day! 9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 9:30 Blood Pressure Checks 9:30 Earth Day Adult Coloring 10:15 Arts & Crafts w/ Amanda Pressed Flower Bookmarks 11:30 Lunch 12:00 Penny BINGO | 23 <div style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED</div> | 24 9:00 Brain/Board Games 9:15 CBS Class 9:30 Dimes LCR 10:15 Bible Study 10:30 Blank Slate 11:30 Lunch 12:00 Qigong 12:00 Hope Squad Check in | 25 9:00 Brain/Board Games 9:30 Hula hoop Race Game 9:45 Stix & Tones 10:15 LHM- Feel Stronger As You Age 10:30 Basic Steps Line Dance 11:30 Bagged Lunch 12:00 Line Dancing 12:00 Get N Step | 26 9:00 Brain/Board Games 9:30 Arts & Crafts w/ Kam ~Cactus Rock in Terra Cota Pot 10:00 Scrambled Eggs Game 10:15 Gentle Seated Yoga 10:45 Corn Hole Game 11:30 Lunch 12:00 Penny BINGO |
| 29 9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 9:30 Thumb Ball Game 10:30 Garden Club ~Water Color Flower Art 11:00 Killer Wink Game 11:30 Lunch 12:00 Quarter BINGO | 30 9:00 Brain/Board Games 9:00 Early Bird Stix & Tones 9:45 Stix & Tones 10:15 I Love Lucy Watch Party 10:30 Basic Steps Line Dance 11:00 Family Feud 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games | | | |



April

York County

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>1</p> <p>4oz BBQ Pulled Pork Sandwich 1/2c Hawaiin Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie</p> | <p>2</p> <p>Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p>  | <p>3</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p> | <p>4</p> <p>Cheeseburger w/ Lettuce, Tomato 1 c. Creamy Potato Soup with crackers 1 Hamburger Roll Seasonal Fresh Fruit</p> | <p>5</p> <p>Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Piece Cake</p> |
| <p>8</p> <p>Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p> | <p>9</p> <p>Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p> | <p>10</p> <p>Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p> | <p>11</p> <p>Orange glazed pulled pork 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp</p> | <p>12</p> <p>4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p> |
| <p>15</p> <p>BBQ Ribette 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p> | <p>16</p> <p>Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Breadstick 1/2c. Mandarin Oranges</p> | <p>17</p> <p>1c Stuffed Pepper Casserole 1/2c Wax Beans 1/2c Peas & Carrots 1 White Bread 1/2c Pudding</p> | <p>18</p> <p>Bagged Lunch: Chicken salad Sandwich Macaroni Salad Pickled Beets Fruit Cookie</p> | <p>19</p> <p>4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p> |
| <p>22</p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2c Diced Parsley Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears</p> | <p>23</p> <p>CLOSED</p> | <p>24</p> <p>Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Green Beans 1 Wheat Bread 1/2c Apple Crisp</p>  | <p>25</p> <p>Bagged Lunch: Italian Sandwich Coleslaw Pasta Salad Fresh Fruit</p> | <p>26</p> <p>Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 White Bread Cookie</p> |
| <p>29</p> <p>Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie</p> | <p>30</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p> |  | <p>*menu subject to change</p> |  |