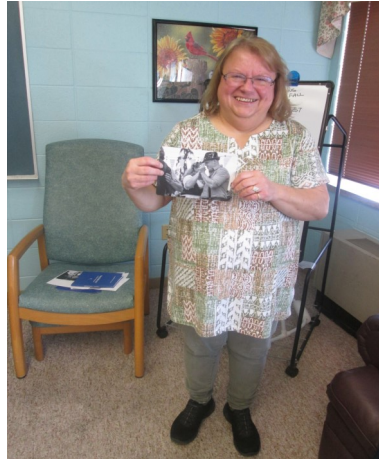


# Hand in Hand Adult Day Center April 2024

## March

We started the month of March by watching St. Victor's 1st Grad Class performance of "The Mitten". It was a good way to say goodbye to possibly the shortest winter ever. We celebrated both St. Patrick's Day and Easter, and enjoyed Bonnie's Time Slip presentation. We also welcomed Cammie, a kind hearted volunteer for just this month, we are thankful for her time!



## April

We look forward to some great musical events in April. We will welcome back Ernie and Friends Music, as well as a new visit from a local harmonica player. We will discuss the 112th anniversary of The Titanic and enjoy a month filled with our regularly scheduled activities.

-Hand in Hand meets every Tuesday and Friday from 9:30 AM to 2:30 PM at the United Methodist Church, 2227 4th Street, Monroe.

-Contact ADRC at 608-328-9499 for more information or to arrange a tour.

The Hand in Hand Adult Day Center provides a Day Out With Friends

Our mission is to provide older adults facing health or social changes with the opportunity to build and maintain social, cognitive and physical skills through a planned program of enriching activities.



# Tuesdays

## April 2nd

9:30 Snack & Social Time & Word Time

10:30 Strengthening Exercises

11:15 Welcome April Word Game

12:00 Lunch: Breaded Fish w/Cheddar Cheese Slice, Red Potatoes, Roasted Summer Vegetables, Peach Cup

1:00 Washers

1:30 Puzzles



## April 9th

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Group Crossword



12:00 Lunch: Hamburger, Carrot Coins, Steamed Broccoli, Applesauce, Oatmeal Raisin Cookie

1:00 Parachute

1:30 Music and Memories with Norbert

## April 16th

9:30 Snack & Social Time & Word Time

10:30 Strengthening Exercises

11:15 Story Bag Activity

12:00 Lunch: Tuna Casserole, Carrots, Peas, Peaches, Vanilla Yogurt

1:00 Bean Bag Game

1:30 Crafty Creations w/Katie



## April 23rd

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Earth Day Word Games

12:00 Lunch: Craisin Chicken Salad on Lettuce Wrap, Creamy Cucumbers, Potato Salad, Red and Green Grapes, Cottage Cheese

1:00 Yard Darts

1:30 Wiser Now Trivia



## April 30th

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Bird Songs

12:00 Lunch: Tuna Salad on Lettuce, Tomato Slices, Veg. Pasta Salad, Potato Salad, Frosted Cupcake

1:00 Yoga Ball Exercises

1:30 Ernie and Friends Music



# Fridays

## April 5th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Starting and Finishing Lines
- 12:00 Lunch: Sage Roasted Pork, Sweet Potatoes, Peas, Apricots
- 1:00 Bocce Ball
- 1:30 Adult Coloring— Bookmarks



## April 12th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music 🎵 🎵
- 11:15 Titanic Trivia
- 12:00 Lunch: Ham Slices, Mashed Potatoes, Baked Beans. Melon Mix
- 1:00 Noodle Ball
- 1:30 Remembering "The Titanic"



## April 19th

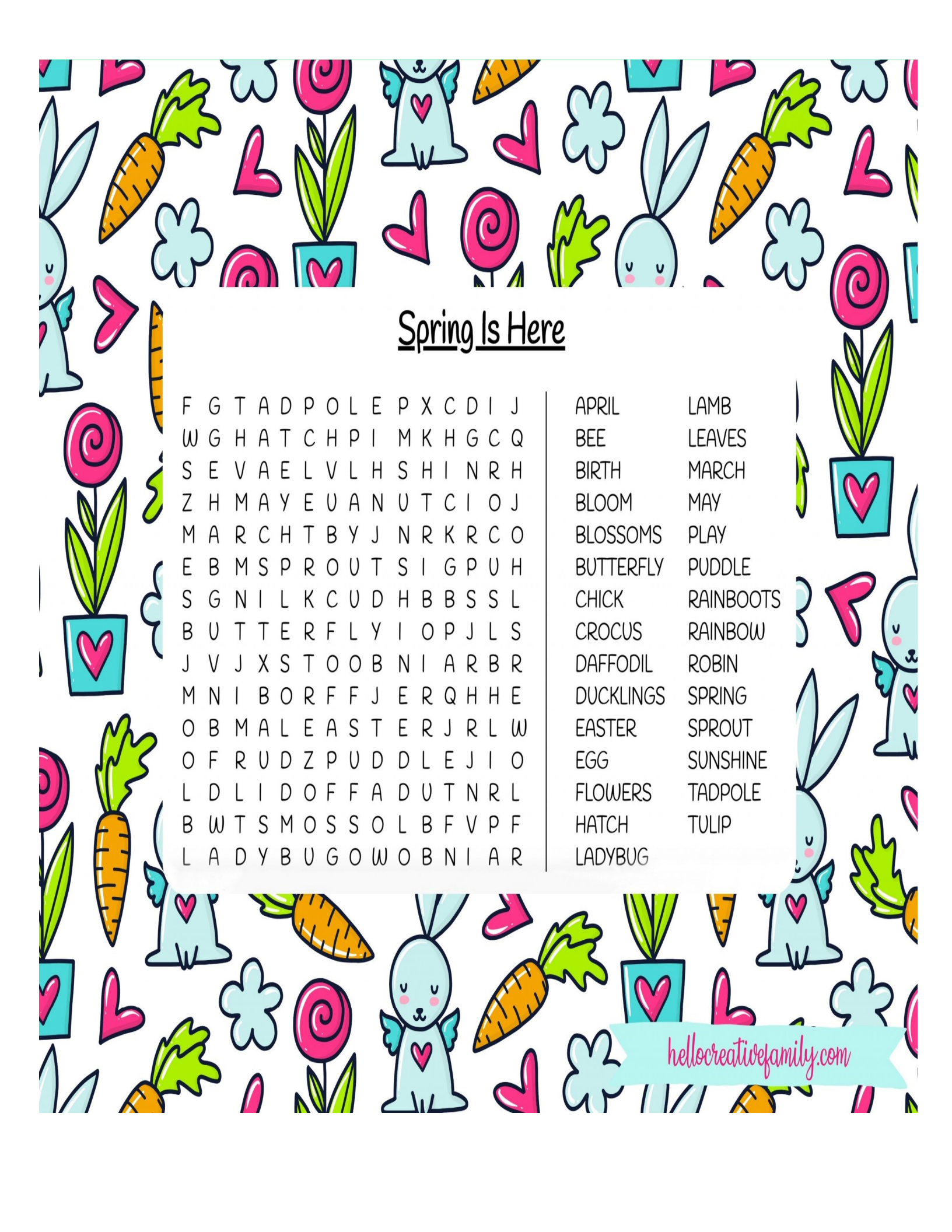
- 9:30 Snack & Social Time
- 10:30 Movin' to the Music 🎵 🎵
- 11:15 Shake a Memory
- 12:00 Lunch: Turkey Salad on Lettuce, Tomato Slices, Potato Salad, Fruit Cocktail, Birthday Cake
- 1:00 Ring Toss
- 1:30 Bingo



## April 26th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music 🎵 🎵
- 11:15 Clock Dice
- 12:00 Lunch: Hot Beef Noodle Casserole, Baked Beans, Seasoned Carrots, Tomato Pesto Salad on Leaf Lettuce
- 1:00 Basketball
- 1:30 Brain Quest Trivia





## Spring Is Here

F G T A D P O L E P X C D I J  
W G H A T C H P I M K H G C Q  
S E V A E L V L H S H I N R H  
Z H M A Y E U A N U T C I O J  
M A R C H T B Y J N R K R C O  
E B M S P R O U T S I G P U H  
S G N I L K C U D H B B S S L  
B U T T E R F L Y I O P J L S  
J V J X S T O O B N I A R B R  
M N I B O R F F J E R Q H H E  
O B M A L E A S T E R J R L W  
O F R U D Z P U D D L E J I O  
L D L I D O F F A D U T N R L  
B W T S M O S S O L B F V P F  
L A D Y B U G O W O B N I A R

APRIL  
BEE  
BIRTH  
BLOOM  
BLOSSOMS  
BUTTERFLY  
CHICK  
CROCUS  
DAFFODIL  
DUCKLINGS  
EASTER  
EGG  
FLOWERS  
HATCH  
LADYBUG  
LAMB  
LEAVES  
MARCH  
MAY  
PLAY  
PUDDLE  
RAINBOOTS  
RAINBOW  
ROBIN  
SPRING  
SPROUT  
SUNSHINE  
TADPOLE  
TULIP