

April 2024

**100 hours exercise
Challenge—10 minutes per day
100 hours of reading
Challenge—10 minutes per day**

<p>01 8 - 10:00 Breakfast/Current event</p> <p>9:30 Personal Care AM/Washcloths 10-Exercise—drums 11- yahtzee 12-Lunch 1—Ponderosa/swim 2-snack</p>	<p>02 —8-10—Breakfast/currents 9:30—Personal care/washcloths 10— IPAD Games 11— Gen exercise 12-Lunch 1— Duesterburg bingo 2-snack 3-bus</p>	<p>03 8:00– 10:00 Breakfast/current event 9:30 Personal Care AM/washcloths 10:00– exercise-handbells 11– drawing class</p> <p>12: Lunch 1pm-Mayor 2:00-snack 3– bus</p>	<p>04— 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10. Music appreciation 11– Gen exercise</p> <p>12:00 LUNCH 1pm-Shopping 1pm— city water bingo 2:30 Snack 3-Bus</p>	<p>05— 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10– cooking class-bread, egg,ham 11– nutrition education 12—lunch 1– VilwocK bingo 2– snack 3– bus</p>
<p>08</p> <p>Closed for eclipse</p>	<p>09 8:00– 10:00 Breakfast/current events 9:30 Personal Care AM 10:00– I know my # 11: Gen exercise—younger group</p> <p>12:00 LUNCH 1:00– Knights of Columbus 2:00 Snack 3:00-bus</p>	<p>10 8:00– 10:00 Breakfast/current event 9:30 Personal Care AM/washcloths 10:00—story—daffodils 11— Mr. Tequila 12: Lunch 1pm-Gaurdian Angels 2:</p> <p>00-snack 3pm-bus</p>	<p>11 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10—flapping butterfly 11 – Gen exercise 12:00 LUNCH 1pm-Shopping 1pm– Masons 2:30 Snack 3-Bus</p>	<p>12 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10-exercise– handbells 11-lemon napkin plate 12- lunch 1– Hoosier Equestrians 2—snack 3– bus</p>
<p>15 8-10 Breakfast/current events 9:30-Personal Care AM/washcloths 10-exercise/weights 11– butterfly lantern 12-Lunch 1-Eagles/swim 2:30-snack 3-bus</p>	<p>16 8:00– 10:00 Breakfast-currents 9:30 Personal Care AM 10– facials 11– Gen exercise 12:00 LUNCH 1:00-Nutrition bingo 2:00 Snack 3-bus</p>	<p>17 8:00– 10:00 Breakfast/current event 9:30 Personal Care AM/washcloths 10:00 - Exercise/ROM 11– AMC Theater 12: Lunch 1pm-Ewing 2:00-snack 3-bus</p>	<p>18 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10— IPAD time 11 – Gen exercise 12:00 LUNCH 1pm-Shopping 1pm– Moose bingo 2:30 Snack 3-bus</p>	<p>19 8-breakfast/currents 9:30-personal care 10:00 –exercise—handbells 11:00— spoon butterfly 12:00– lunch 1:00—Thomas Refridgeration 2:00—snack 3– bus</p>
<p>22-8-10—breakfast/currents 9:30—personal care/washcloths 10– exercise-hula hoop 11– nails—hand massage 12—lunch 1—Goodwins/swim 2– snack 3-bus</p>	<p>23 8:00—10:00—breakfast/currents 9:30—personal care 10:00 – golfing 11:00– Gen exercise 12:00—lunch 1:00—Ron's bingo 2:00—snack 3:00—bus</p>	<p>24—8:00—10:00—breakfast/currents 9:30—personal care 10:00– exercise / handbells 11:00– bike riding—McDonalds 12:00—lunch 1:00– Oak Village 2:00– snack 3:00—bus</p>	<p>25—8:00—10:00—breakfast/currents 9:30—personal care 10:00– egg carton flowers 11:00– Gen exercise 12:00– lunch 1:00– Thomas Farms 2:00—snack 3:00 bus</p> <p>Bday bash</p>	<p>26 8-10—breakfast/currents 9-personal care 10– exercise 11– butterfly cake 12-lunch 1-Wabsh Steele 2-snack 3– bus</p>
<p>29—8-10—breakfast/currents 10– hair do day 12-lunch 1– women's club/swim 2– snack 3– bus</p>	<p>30– 8-10—breakfast/currents 10- Oculus 11– Gen exercise bingo 12– lunch 1– VFW bingo 2– snack 3– bus</p>			