Monday Tuesday Wednesday **Thursday** Friday 7:30 Group Discussion (S) 7:30 Group Discussion (S) 7:30 Group Discussion (S) 7:30 Group Discussion (S) insight 8:00 Personal Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:00 This Day in History (S) (C) 10:00 Ballroom Dancing w Garrey (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:30 Tai-Chi w The Caregivers (P) 11:00 Snack & Social (S) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 10:45 Brain Game (C) 10:45 Brain Game (C) 11:30 This Day in History (S) (C) **Activity Domain Key** 11:00 Snack & Social (S) 11:00 Snack & Social (S) 11:00 Snack & Social (S) 12:00 Chair Exercise (P) Physical (P) 11:30 Doggone Funny: Furry Friends (S) 11:30 True or False Trivia (C) 11:30 Cranium Crunches w Dave (C) 12:30 Lunch (S) Social (S) 12:00 AFV Clips Pet Edition w Chris (S) 12:00 Discussion: States Traveled (S) 1:15 Woodworking Club w Hank (SE) 12:00 Good News of the Week w Allen (S) Cognitive (C) 12:30 Lunch (S) 12:30 Lunch (S) 12:30 Lunch (S) 1:15 Deal or No Deal (C) 1:15 Music with Melanie (S) 1:15 Cherry Blossom Walk w Garry (O) 1:15 Craft: Stone Mandalas (CR) 1:45 Rhythm Fitness (P) Creative (CR) 2:15 Sit & Stretch Fitness (P) 1:15 Celebrity Spotlight (S) 1:45 Sit & Stretch Fitness (P) 2:15 Echoes Animal Showcase (SE)(N) Productive Sensory (SE) 2:00 Reminiscing: Going to the Movies (R) 3:00 Afternoon Music & Snack (S) 2:30 Celebrity Spotlight Led Zeplin (S) 1:45 Sit & Stretch Fitness (P) Outdoor (O) 3:00 Afternoon Music & Snack (S) 2:30 Popcorn Pong Game w/ Paul (P) 2:00 Geography Quiz (C) 3:30 Active Stations (S)(CR)(C) Nature (N) 3:30 Pair Up Puzzles & Music (C) 3:00 Afternoon Music and Snack (S) 2:30 Dice Breakers Game (S) 4:00 Combined Group Game (S)(P) 4:00 Combined Group Game (S)(P) 3:00 Afternoon Music & Snack (S) 3:30 Music & Puzzle Worksheets (C) 4:30 1:1 Activities (S) (C) (CR) Reflective (R) 3:30 Floor Hockey Game (P) 4:30 1:1 Activities (S) (C) (CR) 4:00 Combined Group Game (S)(P) 4:00 Combined Group Game (S)(P) 4:30 1:1 Activities (S) (C) (CR) 4:30 1:1 Activities (S) (C) (CR 7:30 Group Discussion (S) 7:30 Group Discussion (S) 7:30 Group Discussion (S) 7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) **IMCC CLOSED** 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:00 This Day in History (S) (C) 10:00 This Day in History (S) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 10:45 Brain Game (C) 10:45 Brain Game (C) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Travelogue: Japan in Bloom (S) 11:30 US Cities & Capitals Quiz (C) 11:30 Stickman Puzzles (C) 11:30 Baseball Hall of Famers (S) 12:00 Optical illusions: What You See (S) 12:00 Base Ball Target Toss (P) 12:00 Japanese Tea Tasing (SE) 12:00 Have You Ever Game (S) 12:30 Lunch (S) 12:30 Lunch (S) 12:30 Lunch (S) 12:30 Lunch (S) 1:15 Music Spotlight: The Oak Ridge Boys (S) 1:15 Virtual Tour of the National Mall (S) 1:15 TV Star Spotlight: Betty White (S) 1:15 April Trivia (S) 2:30 Rapid Fire Trivia (C) 2:00 Close Up Quiz: Household Items (C) 2:00 Sit & Stretch Fitness (P) 1:45 Sit & Stretch Fitness (P) 2:15 Lightning Round Trivia (C) 2:45 Chair Yoga (P) 2:00 Benefit of Gardening (S) 2:15 Chair Yoga (P) 3:00 Afternoon Music & Snack Social (S) 2:30 Active Stations & Music (SE) 3:15 Afternoon Music & Snack Social (S) 2:30 Garden Recipes & Tasting (SE) 3:30 Bowling Tournament (P) 3:30 Candy BINGO (S) 3:00 Afternoon Music & Snack Social (S) 3:00 Music & Snack Social (S) 4:00 Combined Group Game (S)(P) 4:00 Combined Group Game (S)(P) 3:30 Active Stations (C)(S) (CR) 3:30 Best Clips of Classic TV (S) 4:00 Combined Group Game (S)(P) 4:30 1:1 Activities (S) (C) (CR) 4:30 1:1 Activities (S) (C) (CR) 4:00 Combined Group Game (S)(P) 4:30 1:1 Activities (S) (C) (CR) 4:30 1:1 Activities (S) (C) (CR) 14 15 16 17 18 7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:00 Personalized Active Stations (C) (CR) 8:00 Personal Active Stations (C) (CR) 8:00 Personal Active Stations (C) (CR) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:00 Piano Jams with Anthony (SE) 11:00 Snack & Social (S) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 11:30 This Day in History (S) (C) 10:45 Brain Game (C) 10:45 Brain Game (C) 10:45 Brain Game (C) 10:45 Brain Game (C) 12:00 Chair Exercise (P) 11:00 Snack & Social (S) 11:30 Famous Art Museums w Gloria (S) 11:30 APRIL Categories Game (C) 11:30 That Spells Catastrophe Game (C) 12:30 Lunch (S) 11:30 Feel Good Stories of the Week (S) 1:15 Step by Step Art: Into the Trees (CR) 12:00 This or That Artwork (S) 12:00 Dancing Through Decades w Gail (P) 12:30 Lunch (S) 12:00 Close Up Quiz (C) 2:15 Sit & Stretch Exercise (P) 12:30 Lunch (S) 12:30 Lunch (S) 1:15 Women's Group Sarah (S) 12:30 Lunch (S) 1:15 Current Events w Jimmy (C) 2:30 Celebrity Spotlight (S) 1:15 Reading Club w Catherine (S) 1:15 Travelogue (S) 1:15 Spotlight: The Right Brothers (S) 3:00 Afternoon Music & Snack (S) 1:15 Duck Duck Moose Memory Game (C) 1:45 Sit & Stretch Exercise (P) 2:30 Paper Airplane Races w/ Jim (CR) 1:15 Star Spotlight: Glen Campbell (S) 3:30 Giant Jenga Game (C)(S) 1:45 Chair Yoga (P) 2:00 Most Tranquil Places (S) 2:45 Sit & Stretch Chair Fitness (P) 2:00 Tai-Chi Fitness w Cynthia (P) 4:00 Combined Group Game (S)(P) 2:00 Artist Spotlight (S) 2:30 Koi Pond Painting w Ray (CR) 3:00 Afternoon Music and Snack (S) 2:45 Sit & Fit Chair Exercise (P) 2:30 Inspired Artwork (CR) 3:00 Afternoon Music & Snack (S) 3:30 Bowling Tournament w Cora (P) 4:30 1:1 Activities (S) (C) (CR) 3:00 Afternoon Music & Snack (S) 3:00 Afternoon Music & Snack (S) 4:00 Combined Group Game (S)(P) 3:30 Active Game (P) 3:30 Name 10 (C) 3:30 AFV Clips (S) 4:00 Combined Group Game (S)(P) 4:30 1:1 Activities (S) (C) (CR) 4:00 Combined Group Game (S)(P) 4:00 Combined Group Game (S)(P) 4:30 1:1 Activities (S) (C) (CR) 4:30 1:1 Activities (S) (C) (CR) 4:30 1:1 Activities (S) (C) (CR) 23 25 7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:00 Personalized Active Stations (C)(CR) 8:00 Personalized Active Stations (C)(CR) 8:00 Personalized Active Stations (C)(CR) 8:00 Personalized Active Stations 8:30 Table Talk Discussion (S) (C)(CR) 9:00 Group Brain Games (C) 9:00 Group Brain Games (C) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 9:00 Group Brain Games (C) 10:00 This Day in History (S) (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 10:45 Brain Game (C) 10:45 Brain Game (C) 10:45 Brain Game (C) 10:30 Chair Exercise (P) 11:00 Snack & Social (S) 10:45 Brain Game (C) 11:30 A-Z Trivia (C) 11:30 Springtime Poetry Workshop (S) 11:30 Who Said It? (S)(C) 11:30 Travelogue: Puerto Rico w Fidel (S) 11:00 Snack & Social (S) 12:00 Name That Flag (C) 12:00 Photographic Memory Game (S) 12:00 Good News Stories (S) 12:00 Giant Jenga (SE) 11:30 Who Am I Trivia (C) 12:30 Lunch (S) 12:30 Lunch (S) 12:30 Lunch (S) 12:30 Lunch (S) 12:00 Inspired Active Game (P) 1:15 Cooking Club: No Bake Cheesecake (SE) 1:15 Evolution of Telephones (S) 1:15 Passport Travel Series (S) 1:15 Who Am I Guessing Quiz (C) 12:30 Lunch (S) 2:00 Sit & Stretch Exercise (P) 1:45 Sit & Stretch Exercise (P) 1:45 Chair Yoga (P) 1:15 Faces & Places Trivia (C) 1:45 Chair Yoga (P) 2:15 Wheel of Fortune Game (C)(S) 2:00 Reminiscing on Spring Activities (R) 2:00 Discuss & Recall: Historical Moments (R) 2:00 You Be the Judge (S) 2:00 Tai-Chi Fitness w Cynthia (P) 2:30 Pair Up Puzzles w Clare (C)(SE) 2:30 Family Feud Game w/ Bettina (C) 2:30 Numbers Quiz w Tom (C) 2:30 Axe Throwing Competition (P) 2:30 Photo Recap (S) 3:00 Afternoon Music & Snack (S) 3:00 Afternoon Music & Snack (S) 3:00 Afternoon Music &Snack (S) 3:30 Free Rice Trivia (C) 3:30 Kids Say the Darndest Things (S) 3:30 BINGO (S) 3:30 Funniest Animal Photos (C)(S) 3:30 Music & Puzzles (P) 4:00 Combined Group Game (S)(P) 4:30 1:1 Activities (S) (C) (CR) 7:30 Group Discussion (S) 7:30 Group Discussion (S) 8:00 Personal Active Stations (C) (CR)

4:30 1:1 Activities (S) (C) (CR) 7:30 Group Discussion (S) 8:00 Personal Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Timeline Trivia (C) 12:00 News Current (S) 12:30 Lunch (S)

1:15 Artist Spotlight (S)

1:45 Guess the Price Tag: Art Edition (S) 2:15 Sit & Stretch Exercise (P)

2:30 Who Wants to Be a Millionaire (C) 3:00 Afternoon Music & Snack (S)

3:30 Axe Throwing Competition (S) 3:30 Lucky Charms BINGO (S) 4:00 Combined Group Game (S)(P) 4:00 Combined Group Game (S)(P) 4:30 1:1 Activities (S) (C) (CR) 4:30 1:1 Activities (S) (C) (CR)

8:00 Personal Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Best of Broadway (S) 12:00 You Be the Judge (S)

1:15 Reading Club w Catherine (S)

2:30 Pair Up Games & Puzzles (C)(SE)

3:00 Afternoon Music & Snack (S)

2:00 Sit & Stretch Exercise (P)

12:30 Lunch (S)

12:30 Lunch (S) 1:15 Scavenger Hunt (O)(N) 1:15 Spring Colors Floral Arrangements (CR) 1:15 Name That Animal Trivia (C) 2:45 Feel Good Stories of the Week (S)) 3:00 Afternoon Music &Snack (S) 3:30 Songs of the Seasons (S) 4:00 Combined Group Game (S)(P)

4:30 1:1 Activities (S) (C) (CR)

8:30 Table Talk Discussion (S)

9:30 Music Selections (S) (SE)

10:00 This Day in History (S) (C)

11:30 Springtime in Paris w/ Gretchen (S)

12:00 Mental Math Quiz w Bert (C)

9:00 Group Brain Games (C)

10:30 Chair Exercise (P)

11:00 Snack & Social (S)

10:45 Brain Game (C)

Calendar Key

**BOLD RED:** Small Group or

**BOLD BLACK**- Meal & Snack Time or Outside Entertainers

Special Event

Activities are planned with flexibility and may be subject to change.



Silvia 4.7 Chati 4.8 **Nancy 4.15** Jon H 4.18 Lee 4.19