

APRIL 2024 Calendar

Facilitator: Miriam Caiden MSG PhD



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED Cesar Chavez Day	2 10:00-Coffee and Icebreaker SM, So 10:30-Where in the World? CT, RO, E 11:00-Move and Stretch P 1:00-Tai Chi Tuesday with Master George P 1:30- Gluck Euphonium Trio 2:30- Special Guest Appearance with Marie Claire R, A, So	3	4 10:00-Coffee and Icebreaker SM, So 10:30-Where in the World? CT, RO, E 11:00- Music Therapy With Irby 1:00-TAP Card Balance Check at Big Blue Bus P, E 1:30-Spring Greeting Card Project C, E, A 2:30-Idiom Improv V, C 2:45-Wordle V, Lo and Country Roads, Take Us Home! R	5
8	9 10:00-Coffee and Icebreaker SM, So 10:30-Where in the World? CT, RO, E 11:00-Move and Stretch 1:00-Easter Egg Challenge Ca, CT 1:30- Special Lecture: Paul Robeson with Dr. Paul Van Blum I 2:30-Tai Chi Tuesday with Master George 2:45- Country Roads, Take Us Home! R	10	11 10:00-Coffee and Icebreaker SM, So 10:30-Where in the World? CT, RO, E 11:00-Move and Stretch 1:00-Chinese Calligraphy: Spring! C, VS, I 2:00-Easter Egg Challenge Ca, CT 2:30- Country Roads, Take Us Home! R	12
15	16 10:00-Coffee and Icebreaker SM, So 10:30-Where in the World? CT, RO, E 11:00-Move and Stretch P 1:00-Idiom Improv CT, A, V 1:30-Spring Container Garden Planting C, CT, E 2:30- Tai Chi Tuesday with Master George P, A, R 2:45-Country Roads, Take Us Home! R	17	18 Field Trip: Colburn School of Music 9:30 Arrive at WISE & Healthy Aging 10:00- Leave WISE & Healthy Aging 11:30-Colburn School Performance Forum 12:30-Lunch at Colburn 1:30- Leave Colburn School 2:45- Arrive at WISE & Healthy Aging	19
22	23 HAPPY PASSOVER! HAPPY EARTH DAY! 10:00-Coffee and Icebreaker SM, So 10:30-Where in the World? CT, RO, E 11:00-Move and Stretch 1:00-Crazy Hat Day; Recycled Headwear for Earth Day! C, E 2:00-Tai Chi Tuesday With Master George P, A 2:15-Earth Day Cranium Crunch V 2:30-Word Game Lo, V and Country Roads, Take Us Home! R	24	25 10:00-Coffee and Icebreaker SM, So 10:30-Where in the World? CT, RO, E 11:00-Move and Stretch 1:00- Cranium Crunch Lo, V 1:30- Table Games: UNO, Rummikub, or Bananagrams! A, Lo, CT 2:30-Word Game Country Roads, Take Us Home! V, R	26
29	30 10:00-Coffee and Icebreaker SM, So 10:30-Where in the World? CT, RO, E 11:00-Move and Stretch 1:00-Tai Chi Tuesday With Master George P 1:30-Origami Bookmarks E, VS and Tangram Challenge VS, E 2:30-Word Game Country Roads, Take Us Home! V, R			

Key to activities:
So- Social interaction
RO- Reality Orientation
C- Creativity
Ca- Calculation
CT- Critical Thinking
A – Attention
SM – Short Term Memory
LM – Long Term Memory
SE – Sensory
E- Executive Function
P- Physical Activity
V- Verbal
VS – Visual-Spatial
R – Relaxation and Mindfulness
I- Intellectual Content

Lunch served daily at 12:00 pm

*** Please remember your weekly COVID test!***

Activities are subject to change

