
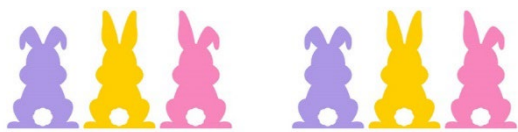


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h1>April 2023</h1> <h2>ARKC Activities Calendar</h2> <p>Every day @ 9-10 am Social Hour w/ coffee & tea Every day @ 12pm Lunch</p> | |  <p>Avenidas Rose Kleiner Center</p> <p><i>*Activities subject to change</i></p> |  | |
| 3 | 4 | 5 | 6 | 7 |
| 10am Happy News w/ Rachel <u>or</u> Washcloth Bunnies 11am Exercise 1pm Sing-Along <u>or</u> Octaband | 10am Trivia Tuesday <u>or</u> Water Bottle Slings 11am Exercise 1pm Classical Piano w/ Theresa <u>or</u> BINGO | 10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark 11am Exercise 1pm Rockin' w/ Regi <u>or</u> Noodle Hockey | 10am Bay Area Food Culture w/ Mark <u>or</u> Passover Coloring 11am Exercise 1pm Drum Circle w/Anita <u>or</u> Bowling | 10am Social Change w/ Rachel <u>or</u> Easter Eggs 11am Meditation w/ Bill <u>or</u> Exercise 1pm Sonia on the Banjo <u>or</u> BINGO |
| 10 | 11 | 12 | 13 | 14 |
| 10am Happy News w/ Rachel <u>or</u> Mandalas 11am Exercise 1pm Steve the Bongo Man <u>or</u> Flyswatter Tennis | 10am Trivia Tuesday <u>or</u> Silhouettes 11am Relaxation w/ Lynette 1pm Golf <u>or</u> BINGO | 10am Armchair Travels w/Rachel <u>or</u> Gardening Project w/ Mark 11am Exercise 1pm Name That Tune <u>or</u> Parachute | 10am Bay Area Food Culture w/ Mark <u>or</u> Pipe Cleaner Flowers 11am Exercise 1pm Word Search <u>or</u> Basketball | 10am Social Change w/ Rachel <u>or</u> Heart Pins 11am Meditation w/ Bill <u>or</u> Exercise 1pm Anna on Piano <u>or</u> BINGO |
| 17 | 18 | 19 | 20 | 21 |
| 10am Happy News w/ Rachel <u>or</u> Make Your Own Puzzle 11am Exercise 1pm Rockin' w/ Regi <u>or</u> Noodle Hockey | 10am Trivia Tuesday <u>or</u> Decoupage Oysters 11am Relaxation w/ Lynette 1pm Classical Piano w/ Theresa <u>or</u> BINGO | 10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark 11am Exercise 1pm Folk Music w/ Nancy Cassidy <u>or</u> Beanbags & Balls | 10am Bay Area Food Culture w/ Mark <u>or</u> Watercolor 11am Exercise 1pm Sing-Along <u>or</u> Flyswatter Tennis | 10am Social Change w/ Rachel <u>or</u> Creative Collage 11am Meditation w/ Bill <u>or</u> Exercise 1pm Bowling <u>or</u> BINGO |
| 24 | 25 | 26 | 27 | 28 |
| 10am Happy News w/ Rachel <u>or</u> Butterflies 11am Exercise 1pm Folk Music w/ Nancy Cassidy <u>or</u> Octaband | 10am Trivia Tuesday <u>or</u> Pressed Flower Cards 11am Relaxation w/ Lynette 1pm Chair Volleyball <u>or</u> BINGO | 10am Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark 11am Exercise 1pm Timo on Steel Drum <u>or</u> Golf | 10am Bay Area Food Culture w/ Mark <u>or</u> Stencil Art 11am Exercise 1pm Name That Tune <u>or</u> Duck Hunt | 10am Social Change w/ Rachel <u>or</u> Sun prints 11am Meditation w/ Bill <u>or</u> Exercise 1pm Anna on Piano <u>or</u> BINGO |