



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Senior Moments Adult Day Center</p> <p>31 Kingsbury Ave. Tolland, CT</p>	<p>1 Fact or Foolery Nix the Six/Bakers Rack: "Poop" Cookies Exercise: 12 Mile Run Music with Ron April Fools Hangman</p>	<p>2 Monthly Gazette Bingo Exercise: Roll the Dice Bowling Word Jumble</p>	<p>3 Foot Care Nurse 9:15AM Morning Laugh Clown Toss Exercise: N. E. Style Music with Ron One Red "Cent"</p>	<p>4 Destination: Meteora, Greece I Got It!/Cooking Club: Tzatziki Sauce Exercise: Pres. Fitness Washer Toss Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 7</p> <p>Who am I? Horseshoes Exercise: Boxing Music with Ron Double Trouble</p>	<p>8 Doggie in the Window Five Alive/Craft Club: Paper Plate Pooches Exercise: Rain Forest Hike Music with Ron A to Z Dog Breeds</p>	<p>9 Cool Cats EZ Yahtzee/Bakers Rack: Cat's Paw Cupcakes Exercise: Qigong Corn Hole Calicos & Collies Word Mining</p>	<p>10 High Tech Dog Parks Bowling Exercise: In Madrid Music with Ron Tails Categories</p>	<p>11 How to Stay Healthy With Pets Bingo Exercise: 2-Min Tune-Up Bulls Eye Mat Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 14</p> <p>Storm Chasers Birdie Toss Exercise: Fishing Trip Music with Ron Rain or Shine</p>	<p>15 Toilet Paper Fun Facts Bingo Exercise: Key West Workout Music with Ron Pass it On</p>	<p>16 Catch and Release Chase the Ace/Art Club: Group Painting Exercise: Bay Swim Shooters Water Anagrams</p>	<p>17 Birth Order Personalities Hula Hoop Challenge Exercise: Pass the Torch Music with Ron Famous Sisters</p>	<p>18 Easter Fun Facts Dice and Strikes/Craft Club: Bunny Noses Exercise: Chair Yoga Bowling Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 21</p> <p>What's Your Verdict? Bowling Exercise: Roll the Dice Music with Ron All Mixed-Up</p>	<p>22 Carbon Footprints One and Done/ Bakers Rack: Dirt Cake Exercise: N.E. Style Music with Ron Recycle Reduce Reuse</p>	<p>23 Modern Jeopardy Bingo Exercise: Presidential Fitness Bucket Brigade Quick as a Wink</p>	<p>24 Star of the Month Players' Choice Exercise: Chair Yoga Music with Ron Common Endings</p>	<p>25 Forest Fire Management Elevenses/Art Club: Painted Branches Exercise: Rain Forest Hike Ladder Bolo Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 28</p> <p>Sound of Music vs Wizard of Oz Ping Pong Exercise: Qigong Music with Ron White Board Mash-Up</p>	<p>29 What am I? Chips On Chips Off/ Craft Club: Fork Flowers Exercise: In Madrid Music with Ron Word Scramble</p>	<p>30 PBJ An American Classic Roll & Rhyme/Bakers Rack: PBJ Cookies Exercise: 2-Min Tune-Up Bowling Rhymes with...</p>	 <p>Senior Moments April 2025 Activity Calendar</p>	

April Birthdays: Kathleen 4/18, Peter 4/23 and Paul 4/29

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Snacks are made by Clients in the "Baker's Rack" Cooking Club	1 Fish Sandwich w/Coleslaw **Poop Cookies**	2 Chicken & Stuffing Casserole w/Peas Cheese & Crackers	3 Hot Dog on a Bun w/Pineapple Baked Beans Vanilla Pudding w/Cool Whip	4 Baked Ziti w/Salad **Tzatziki w/Pita Bread**
7 Turkey & Cheese Sliders w/Veggie Chips Jell-O w/Cool Whip	8 Cheese Ravioli w/Sauce & Garlic Bread Yogurt Parfait	9 Meatloaf w/Mashed Potatoes & Mixed Veggies **Cat's Paw Cupcake**	10 Chef Salad w/Roll Cinnamon Bread	11 Hamburger Potato Casserole w/Broccoli Blueberry Muffin
14 Beef Lo Mein w/Veggies & Rice Pound Cake w/Fruit	15 Meatball Grinder w/Sauce & 3 Bean Salad Butter Cookies	16 Chicken & Gravy w/Rice & Carrots Strawberry Shortcake	17 Cranberry Chicken Salad Sandwich w/Veggie Chips Oreo Cookies	18 Veggie Lasagna w/Dinner Roll Fiber One Brownie
21 Chicken Parmigiana Sandwich w/Broccoli Rice Stella D'oro Biscuit	22 Macaroni & Cheese w/Peas **Dirt Cake**	23 Apple Dijon Pork Roast w/Veggie Rice & Gravy Tomato Soup Cake	24 Vegetable Soup w/Half Sandwich Vanilla Wafers	25 Chicken Alfredo w/Veggies & a Roll Chocolate Chip Muffin
28 Cheeseburger on a Roll w/Pickles & Chips Ice Cream Cup	29 Sloppy Joe on a Roll w/Green Salad Cottage Cheese w/Pineapple	30 Ham & Cheese Sandwich w/Veggie Chips **PBJ Cookies		

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with each Breakfast