

APRIL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:30 Muscles in Motion 11:00 Flower Arranging 1:30 Tactile Time 2:30 Culinary Creations 3:30 Snacktivity: Bread Baking 4:30 Musical Memories 6:00 Color Therapy	2 10:30 Scarves & Stretch 11:00 Scent Match Challenge 1:30 Hand Massages & Manicures 3:00 Chef's Demo & Taste 4:30 Meditation Melody 6:00 Forest Walk Meditation	3 10:30 Morning Moves & Stretch 11:00 Herb Garden 1:30 Scalp & Shoulder Massages 3:00 Garden Tastings 4:30 Restful Rain 6:00 Armchair Travel	4 10:30 Light & Lively Exercise 11:00 Aromatherapy Creations 1:30 Helping Hands 3:00 Brewing Club Taste Test 4:30 Birdsong Symphony 6:00 Redwood Visualization	5 10:30 Movin' & Groovin' 11:00 Aromatherapy Meditation 1:30 Plush Therapy 2:30 First Friday Dance 3:00 Popcorn Party Movie Matinee 4:30 Classical Compilations 6:00 Serenity in Nature	6 10:30 Sittercise 11:00 Rosemary Wraps 1:30 Hand Massages & Manicures 3:00 Confection Meditation 3:30 Noodle Ball 4:30 White Noise Therapy 6:00 Mountain Scenery
7 10:30 Sittercise 11:00 Scentscapes 1:30 Tinkering Time 3:00 Coffee & Culinary Creations 4:30 Surf Sounds 6:00 Reefscapes Meditation	8 10:30 Muscles in Motion 11:00 Flower Arranging 1:30 Tactile Time 2:30 Culinary Creations 3:30 Snacktivity: Bread Baking 4:30 Musical Memories 6:00 Color Therapy	9 10:30 Scarves & Stretch 11:00 Scent Match Challenge 1:30 Hand Massages & Manicures 3:00 Chef's Corner 4:30 Meditation Melody 6:00 Forest Walk Meditation	10 10:30 Morning Moves & Stretch 11:00 Herb Garden 1:30 Scalp & Shoulder Massages 3:00 Garden Tastings 4:30 Restful Rain 6:00 Armchair Travel	11 10:30 Light & Lively Exercise 11:00 Aromatherapy Creations 1:30 Helping Hands 3:00 Cultural Candy Taste Test 4:30 Birdsong Symphony 6:00 Redwood Visualization	12 10:30 Movin' & Groovin' 11:00 Aromatherapy Meditation 1:30 Plush Therapy 3:00 Popcorn Party Movie Matinee 4:30 Classical Compilations 6:00 Serenity in Nature	13 10:30 Sittercise 11:00 Rosemary Wraps 1:30 Hand Massages & Manicures 3:00 Confection Meditation 3:30 Noodle Ball 4:30 White Noise Therapy 6:00 Mountain Scenery
14 10:30 Sittercise 11:00 Scentscapes 1:30 Tinkering Time 3:00 Coffee & Culinary Creations 4:30 Surf Sounds 6:00 Reefscapes Meditation	15 10:30 Muscles in Motion 11:00 Flower Arranging 1:30 Tactile Time 2:30 Culinary Creations 3:30 Snacktivity: Bread Baking 4:30 Musical Memories 6:00 Color Therapy	16 10:30 Scarves & Stretch 11:00 Scent Match Challenge 1:30 Hand Massages & Manicures 3:00 Chef's Corner 4:30 Meditation Melody 6:00 Forest Walk Meditation	17 10:30 Morning Moves & Stretch 11:00 Herb Garden 1:30 Scalp & Shoulder Massages 3:00 Garden Tastings 4:30 New Resident Sign a Long 6:00 Armchair Travel	18 10:30 Light & Lively Exercise 11:00 Aromatherapy Creations 1:30 Helping Hands 3:00 Classica Candy Taste Test 4:30 Birdsong Symphony 6:00 Redwood Visualization	19 10:30 Movin' & Groovin' 11:00 Aromatherapy Meditation 1:30 Plush Therapy 3:00 Popcorn Party Movie Matinee 4:30 Classical Compilations 6:00 Serenity in Nature	20 10:30 Sittercise 11:00 Rosemary Wraps 1:30 Hand Massages & Manicures 3:00 Confection Meditation 3:30 Noodle Ball 4:30 Surf Sounds 6:00 Mountain Scenery
21 10:30 Sittercise 11:00 Scentscapes 1:30 Tinkering Time 3:00 Coffee & Culinary Creations 4:30 Surf Sounds 6:00 Reefscapes Meditation	22 10:30 Muscles in Motion 11:00 Flower Arranging 1:30 Tactile Time 2:30 Culinary Creations 3:30 Snacktivity: Bread Baking 4:30 Musical Memories 6:00 Color Therapy	23 10:30 Scarves & Stretch 11:00 Scent Match Challenge 1:30 Hand Massages & Manicures 3:00 Chef's Corner 4:30 Meditation Melody 6:00 Forest Walk Meditation	24 10:30 Morning Moves & Stretch 11:00 Herb Garden 1:30 Scalp & Shoulder Massages 3:00 Garden Tastings 4:30 Restful Rain 6:00 Armchair Travel	25 10:30 Light & Lively Exercise 11:00 Aromatherapy Creations 1:30 Helping Hands 3:00 Cultural Cookie Taste Test 4:30 Birdsong Symphony 6:00 Redwood Visualization	26 10:30 Movin' & Groovin' 11:00 Aromatherapy Meditation 1:30 Plush Therapy 3:00 Popcorn Party Movie Matinee 4:30 Classical Compilations 6:00 Serenity in Nature	27 10:30 Sittercise 11:00 Rosemary Wraps 1:30 Hand Massages & Manicures 3:00 Confection Meditation 3:30 Noodle Ball 4:30 White Noise Therapy 6:00 Mountain Scenery
28 10:30 Sittercise 11:00 Scentscapes 1:30 Tinkering Time 3:00 Coffee & Culinary Creations 4:30 Surf Sounds 6:00 Reefscapes Meditation	29 10:30 Muscles in Motion 11:00 Flower Arranging 1:30 Tactile Time 2:30 Culinary Creations 3:30 Snacktivity: Bread Baking 4:30 Musical Memories 6:00 Color Therapy	30 10:30 Scarves & Stretch 11:00 Scent Match Challenge 1:30 Hand Massages & Manicures 3:00 Chef's Corner 3:30 Birthday Bash 4:30 Meditation Melody 6:00 Forest Walk Meditation				<i>Physical</i> 10:30 <i>Smell</i> 11:00 <i>Touch</i> 1:30 <i>Taste</i> 3:00 <i>Sound</i> 4:30 <i>Sight</i> 6:00