



Monday –Friday
10-3:00 pm
(425)488-4821

NORTHSHORE ADULT DAY
HEALTH &
WELLNESS CENTER



APRIL
2018

Mon	Tue	Wed	Thu	Fri
2 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Activity Hour	3 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Comedy Hour w/ Jack Benny	4 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 B-I-N-G-O	5 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Singalong	6 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Wheel of Fortune Base Ball style
9 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:30 Guitar w/Dave H.	10 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Reminiscing w/The oldies	11 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Music Therapy w/John A.	12 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Keyboard w/Ted Y.	13 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Guitar w/David A.
16 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Bowling	17 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Piano w/RoseMarie	18 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Music w/Shannon H.	19 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Karaoke Singalong	20 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Saxophone w/Bill B.
23 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Active games	24 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Northshore Variety Band	25 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Rockin w/Jon P.	26 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Variety w/Ted Y	27 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Singalong w/Kathy S.
30 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Music Therapy w/John A.	<p>*All activities subject to change</p>   <p>The USDA prohibits discrimination in all it's programs and activities on the basis of race, color, national origins gender, age or disability</p>			<p>*Monthly Fire drills</p> 