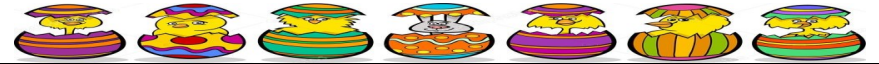


APRIL 2019



Northshore Adult Day Health & Wellness center
Monday-Friday 10-3:00pm (425)488-4821



Mon	Tue	Wed	Thu	Fri
<p>1 Coffee social/Fine motor 10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Music therapy w/John A.</p> <p style="text-align: right;"><i>April Fool's Day</i></p>	<p>2 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Piano w/Gary H.</p>	<p>3 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Singalong</p>	<p>4 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Favorites w/Shannon</p>	<p>5 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 B.I.N.G.O.</p>
<p>8 Coffee social/Fine motor 10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:30 Guitar w/Dave H.</p>	<p>9 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Saxophone w/Bill B.</p>	<p>10 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Karaoke</p>	<p>11 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Active games Bowling Wii Cards</p>	<p>12 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Sing along w/Kathy S.</p>
<p>15 Coffee social/Fine motor 10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Guitar w/David A.</p>	<p>16 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Comedy /Card game</p>	<p>17 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Lyle & Berd</p>	<p>18 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Saxophone w/Bill B.</p>	<p>19 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Music fun Easter Facts & Trivia</p>
<p>22 Coffee social/Fine motor 10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 12 strings w/Lee H.</p>	<p>23 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Piano w/Jennifer</p>	<p>24 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 B.I.N.G.O.</p>	<p>25 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:30 Rockin w/Jon P.</p>	<p>26 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Favorites w/Shannon</p>
<p>29 Coffee social/Fine motor 10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:15 Piano w/Ken K.</p>	<p>30 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance program 1:30 Corner stone singers</p>	<p style="text-align: center;">“The USDA prohibits discrimination in all it’s activities on the basis of race, color, National origins, gender, age or disability”</p> <p> April 1st Fool’s Day April 19th Good Friday April 21st Easter April 22nd Earth Day </p> <div style="text-align: center;"> </div> <p style="text-align: right;">*All Activities subject to change * Fire Drills</p>		