



**NORTHSHORE ADULT DAY HEALTH &
WELLNESS CENTER
MONDAY-FRIDAY 10:00 –3:00 pm**



*All activities subject to change

Mon	Tue	Wed	Thu	Fri
<p>3 <u>Mariners first game</u> 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Table Activity</p>	<p>4 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Steel Guitar w/Harold</p>	<p>5 10:00 Coffee social /Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Variety w/Ted Y.</p>	<p>6 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Cloud 9</p>	<p>7 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Guitar w/Dave H.</p>
<p>10 <u>Baseball Opening Day</u> 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Music therapy w/John A.</p>	<p>11 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Country w/Loren</p>	<p>12 10:00 Coffee social /Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Bingo</p>	<p>13 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Karaoke</p>	<p>14 <u>Easter Facts & Trivia</u> 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Piano w/Rosemarie</p>
<p>17 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Singalong</p>	<p>18 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Guitar w/David A.</p>	<p>19 10:00 Coffee social /Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Music therapy w/John A.</p>	<p>20 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Saxophone w/Bill B.</p>	<p>21 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Sing along w/Kathy S.</p>
<p>24 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Piano w/RoseMarie</p>	<p>25 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Northshore Variety Band</p>	<p>26 10:00 Coffee social /Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Rock & Roll w/Guy</p>	<p>27 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Accordion w/David L.</p>	<p>28 <u>Arbor Day</u> 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Rockin w/Jon</p>