 **Transportation**

The Kauai Bus
 (808) 246-8110

April is National...

- Earth Month
- Garden Month
- Humor Month
- Pet Month
- Kite Month

Flower:

Daisy and Sweet Pea










Colors:

Pale Yellow and Grass Green

Kaua'i Adult Day Health Center is sponsored in part by County of Kauai Agency on Elderly Affairs.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 CENTER OPENS SNACKS	1 10:00 – Range of Motion -Dowels 12:30 – Energize Lunch Walk 1:00 – Movement with Matt 2:45 – Bowling 3:30 – Board Games	2 10:00 – Spelling -Puzzles 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Music & Movement 3:30 – Puzzles	3 10:00 – Whisper Challenge -Hanafuda 12:30 – Energize Lunch Walk 1:00 – Ball Toss 2:45 – Tai Chi 3:30 – Tracing	4 10:00 – Unscramble -Painting 12:30 – Energize Lunch Walk 1:00 – Rolling Dice 2:45 – Music & Movement 3:30 – Talk Story	5 10:00 – Charades -Blackjack 12:30 – Energize Lunch Walk 1:00 – Name That Tune 2:45 – Tai Chi 3:30 – Pattern Block
10:00 MORNING ACTIVITIES	 8 10:00 – BirthDay BINGO 12:30 – Energize Lunch Walk 1:00 – High / Low 2:45 – Tai Chi 3:30 – Talk Story	9 10:00 – Bead Bracelets -Table Games 12:30 – Energize Lunch Walk 1:00 – Golfing 2:45 – Music & Movement 3:30 – Board Games	10 10:00 – Weaving -Joker Eno 12:30 – Energize Lunch Walk 1:00 – Bullseye Target 2:45 – Tai Chi 3:30 – Cut & Paste	11 10:00 – D'Best Entertainment  12:30 – Energize Lunch Walk 1:00 – Horseshoes 2:45 – Music & Movement 3:30 – Card Games	12 10:00 – Charades -Cupcake Flowers 12:30 – Energize Lunch Walk 1:00 – Movie Hour 2:45 – Tai Chi 3:30 – Reading & Writing
11:15 LUNCH HOUR					
12:00 REST PERIOD					
12:30 LUNCH WALK	 15 10:00 – BirthDay BINGO! 12:30 – Energize Lunch Walk 1:00 – Sit & Pop! 2:45 – Tai Chi 3:30 – Pictureka!	 16 10:00 – BirthDay BINGO! 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Tai Chi 3:30 – Talk Story	17 10:00 – Whisper Challenge -Dominoes 12:30 – Energize Lunch Walk 1:00 – Mix & Match 2:45 – Tai Chi 3:30 – Cut & Paste	18 10:00 – Popsicle Stick Frame -Card Games 12:30 – Energize Lunch Walk 1:00 – Memory Game 2:45 – Music & Movement 3:30 – Connect 4	 19 10:00 – BirthDay BINGO! 12:30 – Energize Lunch Walk 1:00 – Singing Hour 2:45 – Tai Chi 3:30 – Puzzles
1:00 AFTERNOON ACTIVITIES					
2:00 SNACKS BEVERAGE	22 10:00 – Range of Motion -Table Movement Therapy 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Tai Chi 3:30 – Talk Story	 23 10:00 – BirthDay BINGO! 12:30 – Energize Lunch Walk 1:00 – Ball Toss 2:45 – Music & Movement 3:30 – Connect 4	 24 10:00 – BirthDay BINGO! 12:30 – Energize Lunch Walk 1:00 – Rolling Dice 2:45 – Tai Chi 3:30 – Card Games	25 10:00 – Unscramble -Mini Basket Weaving 12:30 – Energize Lunch Walk 1:00 – Horseshoes 2:45 – Music & Movement 3:30 – Reading & Writing	26 10:00 – Nail Art -Blackjack 12:30 – Energize Lunch Walk 1:00 – Movie Hour w/Popcorn 2:45 – Tai Chi 3:30 – Tracing
2:45 EXERCISE HOUR					
3:15 BUSES BEGIN ARRIVING					
4:00 SMALL GROUP	29 10:00 – Seated Exercises -Range of Motion 12:30 – Energize Lunch Walk 1:00 – Name that Tune 2:45 – Tai Chi 3:30 – Card Games	30 10:00 – Spelling -Shell Art 12:30 – Energize Lunch Walk 1:00 – Bullseye Target 2:45 – Music & Movement 3:30 – Cut & Paste			
5:30 CENTER CLOSES					



*Structured activities are subject to change.

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Your Staff

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Our Mission
Caring for kupuna.