

ADULT DAY CENTER at SOMERSET HILLS

April

Mon	Tue	Wed	Thu	Fri
3 10:45 Hazel and Therapy dogs 11:30 Flex and Stretch 1:15 Wheelless Fortune 3:00 Puzzles, Reading	4 11:00 Chair Yoga with Patty 1:15 Crossword Puzzle 3:00 Puzzles, Activity, Chat	5 10:45 Board Work 11:30 Core Fitness Exercise 1:15 Bernardsville Garden Club 3:00 Puzzles, Reading	6 11:00 BINGO with the Chelsea 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	7 10:45 Easter Egg Decorating 11:30 Core Fitness 1:15 At the Movies Splash 3:00 Independent Activities
10 10:45 Noteworthy News 11:30 Music 'n Motion Singing and Chair Exercise 1:15 Family Feud 3:00 Puzzles, Reading, Chat	11 11:00 Chair Yoga with Patty 11:30 Core Fitness Exercise 1:15 Morris Museum Quilt Connection 3:00 Puzzles, Activity,	12 10:45 Mind Joggers 11:30 Weight Bearing Exercise 1:15 Show and Tell with Rulene 3:00 Puzzles, Reading,	13 10:45 Easter Devotional with Pastor Ted 11:30 Stretch for the stars 1:15 Music Therapy 3:00 Puzzles, Activity,	14 10:45 St. Hubert's Therapy Dogs 11:30 Chairside Exercise 1:15 Center for Contemporary Art – Mixed Media 1:00 Independent Activities
17 10:45 Board Work 11:30 Stretch for the Stars 1:15 Environmental Center –Plants of the Battlefield 3:00 Puzzles, Reading,	18 11:00 Chair Yoga with Patty 1:15 Museum of Early Trades and Crafts – Patriots Day 3:00 Puzzles, Reading PODIARIST	19 10:45 Finish the Phrase 11:30 Flex and Stretch 1:15 Arts and Crafts with Jerry Happ 3:00 Puzzles, Reading Chat PODIATRIST	20 10:45 Horticultural Therapy 11:30 Weight Bearing Exercises 1:15 Music Therapy 3:00 Puzzles, Activity, Chat	21 10:45 Reminiscing and Trivia 11:30 Chairside Exercise 1:15 Ridge Oak Fashion Show 3:00 Puzzles, Reading, Chat
24 10:45 Discuss and Recall 11:30 Weight Bearing Exercise 1:15 Art Class with Chatham Subacute 3:00 Reading, Independent Activities THE SUPPORT GROUP	25 11:00 Chair Yoga with Patty 1:15 Ilene Weiner – Piano and Singing 3:00 Puzzles, Reading	26 10:45 Daily Chronicle 11:30 Hand Weights 1:15 Clifford Seay – Musical Entertainment 3:00 Puzzles, Activities	27 10:45 Cranium Crunches 11:30 Stretch for the Stars 1:15 Music Therapy 3:00 Puzzles, Reading,	28 10:45 Board Work 11:30 Weight Bearing Exercises 1:15 The Lawrence Welk Show 3:00 Puzzles, Reading,

Daily Activities

- 8:00** Meet and Greet
- 10:00** Morning coffee and socializing
- 12:00** Lunch
- 2:30** Afternoon Snack
- 4:30** Center Closes

Center: (908) 766-6164 x 270

Please place names in all outerwear to avoid confusion

For inclement weather call (908) 766-6164, then extension 262 starting at 6:30 a.m.

