

# Adult Day Center of Somerset Hills

Monday

Tuesday

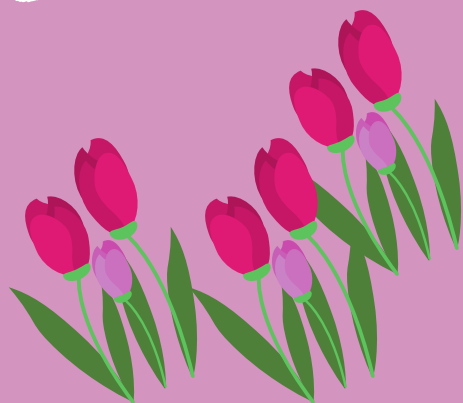
Wednesday

Thursday

Friday

<p><b>1</b></p> <p><b>10:45 YMCA Fluid Stretch</b></p> <p>1:15 Hot Potato Trivia</p>	<p><b>2</b></p> <p><b>10:45 Chair Yoga</b></p> <p><b>1:15 Morris Museum Travel Series 2019 "Netherlands"</b></p>	<p><b>3</b></p> <p><b>10:45 Pet Therapy Bright &amp; Beautiful</b></p> <p>1:15 Target Trivia</p>	<p><b>4</b></p> <p>10:45 Springtime Wheelless Fortune</p> <p><b>1:15 Music Therapy</b></p>	<p><b>5</b></p> <p>10:45 Wacky Wordies</p> <p>11:30 Exercise</p> <p><b>1:15 Singing the oldies with Sal de Bianca</b></p>
<p><b>8</b></p> <p><b>10:45 Pet Therapy with Hazel &amp; Nikki</b></p> <p>11:30 Exercise</p> <p>1:15 BINGO fun</p>	<p><b>9</b></p> <p>10:45 Crafting Easter Eggs</p> <p><b>1:15 Horticulture Therapy with Rita of Rutgers</b></p> <p><b>Hair Salon</b></p>	<p><b>10</b></p> <p><b>10:45 Chair Yoga</b></p> <p><b>1:15 Flower Art with B'ville Garden Club</b></p>	<p><b>11</b></p> <p><b>10:45 Sinkable? Unthinkable! Titanic with Meg Wastie</b></p> <p>11:30 Exercise</p> <p><b>1:15 Music Therapy</b></p>	<p><b>12</b></p> <p><b>10:45 YMCA Movin to the Music</b></p> <p><b>1:15 Piano and Singing with Ilene</b></p>
<p><b>15</b></p> <p><b>10:45 YMCA Fluid Stretch</b></p> <p>1:15 Easter Baking: Easter Baskets</p>	<p><b>16</b></p> <p><b>10:45 Chair Yoga</b></p> <p><b>1:15 Envir Center "Deer Wrangling"</b></p>	<p><b>17</b></p> <p><b>10:45 Pet Therapy</b></p> <p>11:30 Exercise</p> <p><b>1:15 Card Crafts with Jerry Happ</b></p> <p><b>2:30 TV Ribbon Cutting with Friends of the ADC</b></p>	<p><b>18</b></p> <p><b>10:45 Singing with Caitlyn of Foothill Acres</b></p> <p><b>1:15 Music Therapy</b></p>	<p><b>19</b></p> <p><b>10:45 Good Friday Devotional with Pastor Ted</b></p> <p><b>1:15 Center for Contemporary Art Project</b></p>
<p><b>22</b></p> <p><b>10:45 Pet Therapy with Hazel &amp; Nikki</b></p> <p>11:30 Exercise</p> <p><b>1:15 Horticulture with Rita</b></p> <p><b>Caregiver Support Group</b></p>	<p><b>23</b></p> <p><b>10:45 Chair Yoga</b></p> <p><b>1:15 Smoothie Making with Kathy from HomeCare</b></p>	<p><b>24</b></p> <p><b>10:45 Joan S Presents: "Lesser Known 1st Ladies"</b></p> <p>11:30 Exercise</p> <p><b>1:15 Piano and Singing with Ilene</b></p> <p><b>5:30 COPSA Memory Program</b></p>	<p><b>25</b></p> <p>10:45 At the Movies! Easter Parade</p> <p><b>1:15 Music Therapy</b></p> <p><b>Caregiver Coffee</b></p>	<p><b>26</b></p> <p><b>10:45 YMCA Movin to the Music</b></p> <p><b>1:15 Horticulture with Amanda</b></p>
<p><b>29</b></p> <p><b>10:45 YMCA Fluid Stretch</b></p> <p><b>1:15 Crafting with Lauren of Pine Acres</b></p>	<p><b>30</b></p> <p><b>10:45 Chair Yoga</b></p> <p><b>1:15 Museum of Early Trades &amp; Crafts "What's In a Name"</b></p>			

April  
2019



**Center :**  
**908-766-6164 x 270**

Please place names in all outerwear.

For inclement weather call 908- 766-6164 x-262 starting at 7:00 a.m.

## Daily Activities

- 8 - Open Meet & Greet
- 10 - Coffee & Tea
- 11:30 - Exercise
- 12 - Lunch
- 2:15 - Afternoon Snack
- 3 - Pick up begins
- 4:30 - Center Closes