


April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 CHAIR EXERCISES @10 BOWLING @10 WALKING CLUB @1	5 HEALING WITH ARTS 10:30 ELDER DINNER OUTING @4:30 (Los Charros)	6 CHAIR EXERCISES @ 10 EASTER EGG HUNT @ 1 FRESH CONVERSATIONS @LUNCH	7 NATION CLOSED	8 8am- SHUFFLEBOARD TOURNAMENT (@ ELDER CENTER)
9  EASTER SUNDAY	10	11 CHAIR EXERCISES @ 10	12 HEALING WITH ARTS 10:30	13 CHAIR EXERCISES @ 10	14	15
LIMITED ACTIVITIES DUE TO STAFF TRAINING						
16	17 WALK WITH EASE 8:30a-9:30a	18 CHAIR EXERCISES @ 10 BOWLING @10 WALKING CLUB@1	19 WALK WITH EASE 8:30a-9:30a HEALING WITH ARTS 10:30 POTWIN POTTERY @1230	20 CHAIR EXERCISES @ 10 BIRTHDAY BINGO @1230 PRESENTATION @LUNCH	21 WALK WITH EASE @ 8:30a-9:30a GARAGE SALE/ THRIFT SHOPPING @ 9a	22
BUFFALO WEEK@ LANDS DEPARTMENT						
23	24 WALK WITH EASE 8:30a-9:30a SAC-N-FOX BINGO @10	25 CHAIR EXERCISES @ 10 WALKING CLUB@1	26 WALK WITH EASE 8:30a-9:30a HEALING WITH ARTS 10:30	27 SHUFFLEBOARD (TOPEKA) @9:15 CHAIR EXERCISES @ 10 FOOT CLINIC@ 10	28 WALK WITH EASE 8:30a-9:30a	29
30	FRESH CONVERSATIONS TOPIC: The Difference Between Diet, Exercise and Sleep	APRIL 20th: PRESENTATION FROM PHARMACY ON HOW TO ORDER MEDICATIONS & ANSWER ANY QUESTIONS	Monthly Elder Dinner: Decided at 3/8 dinner to go to Los Charros Mexican Restaurant. Leave at 4:30p	AVAILABLE DAILY: SHUFFLEBOARD, PUZZLES, DARTS, and POOL OPEN DAILY: M-F 8am-4:30pm	CONTACT NUMBERS: Dawn: 966.8091 Taylor: 966.8093 Ashley: 966.8096 Kitchen: 966.8094	