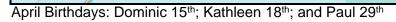
Monday	Tuesday	Wednesday	Thursday	Friday
Hairdresser (By Appointment) 3 Monthly Gazette Music with Ron Exercise/New England Style Washer Toss All Mixed up	The Chicken or the Egg? Nix the Six/Cooking Club: Deviled Eggs Exercise/Presidential Fitness Music with Ron Egg-Spressions	Foot Care Nurse (By Appointment) Who Are We? Bingo Exercise/Chair Boxing Bucket Brigade Double Trouble	Passover (1st day) 6 What Am I? Music with Ron Exercise/Rain Forest Hike Ladder Bolo Dance Word Match	Easter around the World Elevenses/Craft Club: Painted Eggs Exercise/Qigong Bowling
Hairdresser (By Appointment) 10 Brain Busters Music with Ron Exercise/In Madrid Bowling Syllables	Storm Chasers Dice & Strikes/Art Club: Stormy Sky Watercolor	Twinkies & Slinkies Five Alive/Bakers Rack: Twinkie Cake Exercise/Fishing Trip Ping Pong Pyramid One Red Cent	Gone Fishin' Music with Ron Exercise/Swim in the Bay Bulls Eye Mat Categories	Crooning with Karen 9:30 Trip to Vintage Radio Museum Tapping Through Time Bingo Exercise/Chair Yoga Ice Cream Cone Toss Crooning with Karen
Hairdresser (By Appointment) 17 Patriots Day/Boston Marathon Morning Laugh Music with Ron Exercise/Roll the Dice Hula Hoop Challenge Word Generation	Star of the Month Bingo Exercise/New England Style	Building the Golden Gate Bridge Flip It/Art Club: Golden Gate Bridge Exercise/Presidential Fitness Bowling Spelling Bee	April IQ April IQ Music with Ron Exercise/Chair Boxing Toss Across Recycle Reuse Reduce	Earth Day I Got It!/Bakers Rack: Dirt Cake Exercise/Rain Forest Hike Slotz Ball Crooning with Karen
Hairdresser (By Appointment) 24 Sound of Music vs Wizard of Oz Music with Ron Exercise/Qigong Shooters Roll and Rhyme			Babe Ruth Fun Facts Music with Ron Exercise/Fishing Trip Bowling Up a Tree	Arbor Day 28 Chips On Chips Off/ Craft Club: Painted Branches Exercise/Swim in the Bay Horse Shoes Crooning with Karen



April 2023

Senior Moments Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday			
Kielbasa w/Peppers & Onions on a Roll	Turkey Burgers w/French Fries & Pickles	Cheese Ravioli w/Sauce, Garlic Bread & Broccoli	Ham & Cheese Sandwich w/Fruit Cup	Fish Fillet w/Mashed Potatoes & Green Beans			
Ice Cream Cup	**Deviled Eggs**	Rice Cakes w/Peanut Butter	Butter Cookies	Cheese Puffs			
Peanut Butter & Jelly Sandwich w/Raisins	Tuna Fish Sandwich w/Chips & Pickle	Turkey Chili w/Cheese & Tostitos		Swedish Meatballs w/Peas and Noodles			
Cheese Danish	Sugar Free Vanilla Wafers	**Twinkie Cake**	Fiber One Brownie	Sugar Free Chocolate Pudding			
Fish Sticks w/Tater Tots & Mixed Veggie Blend	Egg Salad Sandwich w/Veggie Chips & Pickles	Chicken Parmesan Sandwich w/Green Beans	Hot Dogs w/Baked Beans & French Fries	Pizza w/Green Salad			
Oatmeal Cookies	Vanilla Pudding	Pretzels w/Honey Mustard	Sugar Free Wafers	**Dirt Cake**			
Sloppy Joe on a Roll w/Mixed Veggies	Veggie Soup w/half a Sandwich	Chicken Nuggets w/Green Beans & Tater Tots	Peanut Butter & Jelly Sandwich w/Veggie Chips	Turkey Chili w/Cornbread			
Butter Cookies	**Raisin Spice Bars**	Sugar Free Jello w/Cool Whip	Oatmeal Cookies	Lorna Doone Cookies			
Snacks made by Clients in the 'Bakers Rack' Cooking Club							
April 2023 Senior Moments Lunch & Snack Menu							