

Monday	Tuesday	Wednesday	Thursday	Friday
Hairdresser (By Appointment) 3 Monthly Gazette Music with Ron Exercise/New England Style Washer Toss All Mixed up	4 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) 5 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	Good Friday 7 Easter around the World Elevenes/Craft Club: Painted Eggs Exercise/Qigong Bowling Crooning with Karen
Hairdresser (By Appointment) 10 Brain Busters Music with Ron Exercise/In Madrid Bowling Syllables	11 Storm Chasers Dice & Strikes/Art Club: Stormy Sky Watercolor Exercise/2-Min Tune Up Music with Ron Rain or Shine	12 Twinkies & Slinkies Five Alive/Bakers Rack: Twinkie Cake Exercise/Fishing Trip Ping Pong Pyramid One Red Cent	13 Gone Fishin' Music with Ron Exercise/Swim in the Bay Bulls Eye Mat Categories	9:30 Trip to Vintage Radio Museum 14 Tapping Through Time Bingo Exercise/Chair Yoga Ice Cream Cone Toss Crooning with Karen
Hairdresser (By Appointment) 17 <u>Patriots Day/Boston Marathon</u> Morning Laugh Music with Ron Exercise/Roll the Dice Hula Hoop Challenge Word Generation	18 Star of the Month Bingo Exercise/New England Style Music with Ron April Showers Word Mining	19 Building the Golden Gate Bridge Flip It/Art Club: Golden Gate Bridge Exercise/Presidential Fitness Bowling Spelling Bee	20 April IQ Music with Ron Exercise/Chair Boxing Toss Across Recycle Reuse Reduce	21 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	25 The Great Raisin Debate EZ Yahtzee/Bakers Rack: Raisin Spice Bars Exercise/In Madrid Music with Ron A-Z Words	Bowling Club 9:30 am 26 Meghalaya India Bingo Exercise/2-Min Tune-Up Birdie Toss All Mixed Up	27 Babe Ruth Fun Facts Music with Ron Exercise/Fishing Trip Bowling Up a Tree	28 Arbor Day Chips On Chips Off/ Craft Club: Painted Branches Exercise/Swim in the Bay Horse Shoes Crooning with Karen



April Birthdays: Dominic 15th; Kathleen 18th; and Paul 29th

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3 Kielbasa w/Peppers & Onions on a Roll Ice Cream Cup	4 Turkey Burgers w/French Fries & Pickles <u>**Deviled Eggs**</u>	5 Cheese Ravioli w/Sauce, Garlic Bread & Broccoli Rice Cakes w/Peanut Butter	6 Ham & Cheese Sandwich w/Fruit Cup Butter Cookies	7 Fish Fillet w/Mashed Potatoes & Green Beans Cheese Puffs
10 Peanut Butter & Jelly Sandwich w/Raisins Cheese Danish	11 Tuna Fish Sandwich w/Chips & Pickle Sugar Free Vanilla Wafers	12 Turkey Chili w/Cheese & Tostitos <u>**Twinkie Cake**</u>	13 Chicken Salad w/Walnuts & Cranberries Sandwich w/Fresh Fruit Fiber One Brownie	14 Swedish Meatballs w/Peas and Noodles Sugar Free Chocolate Pudding
17 Fish Sticks w/Tater Tots & Mixed Veggie Blend Oatmeal Cookies	18 Egg Salad Sandwich w/Veggie Chips & Pickles Vanilla Pudding	19 Chicken Parmesan Sandwich w/Green Beans Pretzels w/Honey Mustard	20 Hot Dogs w/Baked Beans & French Fries Sugar Free Wafers	21 Pizza w/Green Salad <u>**Dirt Cake**</u>
24 Sloppy Joe on a Roll w/Mixed Veggies Butter Cookies	25 Veggie Soup w/half a Sandwich <u>**Raisin Spice Bars**</u>	26 Chicken Nuggets w/Green Beans & Tater Tots Sugar Free Jello w/Cool Whip	27 Peanut Butter & Jelly Sandwich w/Veggie Chips Oatmeal Cookies	28 Turkey Chili w/Cornbread Lorna Doone Cookies

****Snacks made by Clients in the 'Bakers Rack' Cooking Club****



Rotating Menu/Substitutes available/Menu includes 5 nutritional food components/Dairy Product offered with each meal/Fruit offered with breakfast