


| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|--|---|--|---|---|--|
|    |  |   | 7:30-8:30 <b>Breakfast 1</b><br>10:00 Leg exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b><br><small>April Fools' Day</small> | 7:30-8:30 <b>Breakfast 2</b><br>10:00 Arm exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Do some reading<br>1:30 Drink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b>                                   | 7:30-8:30 <b>Breakfast 3</b><br>10:00 Knee lifts<br>11:30-12:30 <b>Lunch</b><br>1:00 April IQ: Circle your answers and see how many you have correct!<br>2:00 Do some reading<br>4:30-5:30 <b>Dinner</b>                          | 7:30-8:30 <b>Breakfast 4</b><br>10:00 Shoulder circles<br>11:30-12:30 <b>Lunch</b><br>1:00 Famous April Birthdays Word Search<br>2:00 watch a tv show or enjoy some music<br>4:30-5:30 <b>Dinner</b> |
| 7:30-8:30 <b>Breakfast 5</b><br>10:00 Exercise Ankles<br>11:30-12:30 <b>Lunch</b><br>1:00 Walk around your room a couple times<br>1:30 Drink water<br>2:00 Do some reading<br>4:30-5:00 <b>Dinner</b><br><small>Palm Sunday</small>     | 7:30-8:30 <b>Breakfast 6</b><br>10:00 Wrist exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Ten-Four Activity Sheet: Words that rhyme with four, how many will you get?<br>2:00 Watch a TV show or enjoy some music<br>4:30-5:30 <b>Dinner</b> | 7:30-8:30 <b>Breakfast 7</b><br>10:00 Neck exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 Do some reading<br>4:30-5:30 <b>Dinner</b>  | 7:30-8:30 <b>Breakfast 8</b><br>10:00 Leg exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b><br><small>Passover Begins</small>  | 7:30-8:30 <b>Breakfast 9</b><br>10:00 Arm exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Do some reading<br>1:30 Drink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b>                                   | 7:30-8:30 <b>Breakfast 10</b><br>10:00 Knee lifts<br>11:30-12:30 <b>Lunch</b><br>1:00 April categories: Let's see how many you can come up with!<br>2:00 Do some reading<br>4:30-5:30 <b>Dinner</b><br><small>Good Friday</small> | 7:30-8:30 <b>Breakfast 11</b><br>10:00 Shoulder circles<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 watch a tv show or enjoy some music<br>4:30-5:30 <b>Dinner</b>                  |
| 7:30-8:30 <b>Breakfast 12</b><br>10:00 Exercise Ankles<br>11:30-12:30 <b>Lunch</b><br>1:00 Walk around your room a couple times<br>1:30 Drink water<br>2:00 Easter crossword<br>4:30-5:00 <b>Dinner</b><br><small>Easter Sunday</small> | 7:30-8:30 <b>Breakfast 13</b><br>10:00 Wrist exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Jumping for jelly beans word search<br>2:00 Watch a TV show or enjoy some music<br>4:30-5:30 <b>Dinner</b>  | 7:30-8:30 <b>Breakfast 14</b><br>10:00 Neck exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 Do some reading<br>4:30-5:30 <b>Dinner</b> | 7:30-8:30 <b>Breakfast 15</b><br>10:00 Leg exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b>                                   | 7:30-8:30 <b>Breakfast 16</b><br>10:00 Arm exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Do some reading<br>1:30 Drink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b>                                  | 7:30-8:30 <b>Breakfast 17</b><br>10:00 Knee lifts<br>11:30-12:30 <b>Lunch</b><br>1:00 Female vocalists names of the 50s and 60s...<br>2:00 Do some reading<br>4:30-5:30 <b>Dinner</b>   | 7:30-8:30 <b>Breakfast 18</b><br>10:00 Shoulder circles<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 watch a tv show or enjoy some music<br>4:30-5:30 <b>Dinner</b>                  |
| 7:30-8:30 <b>Breakfast 19</b><br>10:00 Exercise Ankles<br>11:30-12:30 <b>Lunch</b><br>1:00 Walk around your room a couple times<br>1:30 Drink water<br>2:00 Do some reading<br>4:30-5:00 <b>Dinner</b>                                  | 7:30-8:30 <b>Breakfast 20</b><br>10:00 Wrist exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Top hits of the 60's: Fill in the blanks<br>2:00 Watch a TV show or enjoy some music<br>4:30-5:30 <b>Dinner</b>                                   | 7:30-8:30 <b>Breakfast 21</b><br>10:00 Neck exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 Do some reading<br>4:30-5:30 <b>Dinner</b> | 7:30-8:30 <b>Breakfast 22</b><br>10:00 Leg exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Earth Day Coloring<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b><br><small>Earth Day</small>     | 7:30-8:30 <b>Breakfast 23</b><br>10:00 Arm exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Do some reading<br>1:30 Drink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b><br><small>Ramadan Begins</small> | 7:30-8:30 <b>Breakfast 24</b><br>10:00 Knee lifts<br>11:30-12:30 <b>Lunch</b><br>1:00 Old or new? Fill in the blanks<br>2:00 Do some reading<br>4:30-5:30 <b>Dinner</b><br><small>Arbor Day</small>                               | 7:30-8:30 <b>Breakfast 25</b><br>10:00 Shoulder circles<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 watch a tv show or enjoy some music<br>4:30-5:30 <b>Dinner</b>                  |
| 7:30-8:30 <b>Breakfast 26</b><br>10:00 Exercise Ankles<br>11:30-12:30 <b>Lunch</b><br>1:00 Walk around your room a couple times<br>1:30 Drink water<br>2:00 Do some reading<br>4:30-5:00 <b>Dinner</b>                                  | 7:30-8:30 <b>Breakfast 27</b><br>10:00 Wrist exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Do some reading<br>2:00 Watch a TV show or enjoy some music<br>4:30-5:30 <b>Dinner</b>  | 7:30-8:30 <b>Breakfast 28</b><br>10:00 Neck exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 Do some reading<br>4:30-5:30 <b>Dinner</b> | 7:30-8:30 <b>Breakfast 29</b><br>10:00 Leg exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Drink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b>                                   | 7:30-8:30 <b>Breakfast 30</b><br>10:00 Arm exercises<br>11:30-12:30 <b>Lunch</b><br>1:00 Do some reading<br>1:30 Dink some water<br>2:00 Watch a show on tv<br>Or enjoy some music<br>4:30-5:30 <b>Dinner</b>                                   | <p align="center"> <b>Call today for a tour of our lovely community!</b><br/> <b>978-365-3600</b><br/> <b>40 Walnut Street Clinton, MA 01510</b><br/>           *****Activities are subject to change*****         </p>           |  |