

Schedule for April 2025 Week 1	Monthly Observance: Stress Awareness Month; Global Astronomy Month					
	Human Right of the Month: The Right to Be Free from Discrimination					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:00 AM	Arrival to Program; Find Assigned Room and Settle In					
9:30-10:00	Morning Coffee and Morning Meeting					
10:00-10:15	Flowing Into Balance *					
10:15-11:15	31- Meditation and Monthly Wrap Up	1-Introduction to the month; Monthly observances; Monthly Theme; Monthly Holidays -Program Shopping	2- Nutrition Group Cooking Group (123)	3- Mass Audubon Society- On Site- Trees and Seeds (10-11:30) Virtual Drum Circle (Zoom)	4- What is In the Box?	1- April Fools Day
11:15-12:45	Lunch and Social Hour					2- National Walking Day
12:45-1:30	Exercise Goals/ Community Walk *Weather Permitting*	Stretching and Walking Goals	*weather permitting* Outside Games	Game: "Catch and Answer"	Stretching and Walking Goals Community Walk	4- Walk Around Things Day
1:30-2:15	Virtual Trip of Choice	Individual Lead Activity	Staff Choice Activity	Individual Choice	Individual Lead Activity of Choice	Additional outings to be determined based on weather
2:15-2:45	Bathrooms/Clean Up/ ICentrix Data Entry					
2:45: 3:00	Coats On; Bags Packed; Rooms Ready for Departure; Bussing Starts at 3pm					

*Gentle meditative music during a period of reflection and conversation of yesterday, and what is expected for today.