

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



Saturday


APRIL 2023



April Fools' Day


 Palm Sunday	2 10:00 Morning Riddles 10:30 Chair Yoga Exercise 1:00 Karaoke 2:00 Seated Balloon Tennis	3 9:30 Brain Teasers 10:00 Morning Affirmations 10:30 Indoor Walk and Stretch 1:00 Trivia Group 1:30 Knitting Club 2:30 Weekly News	4 9:30 Guided Relaxation 10:00 Morning Riddles 10:30 Balance Class Exercise 1:00 Build a Bunny Craft 2:00 Karaoke Passover Begins	5 10:00 Stretch Exercise 10:30 Bingo 1:00 YouTube Music Video Watch Group 1:30 Gardening Club 2:30 Giant Connect 4	6 10:00 Strength Exercise 10:30 Spa Manicures and Haircuts 1:00 Easter Wreath Craft 2:00 Easter Egg Scavenger Hunt	7  8
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 Easter Sunday	9 9:30 Trivia Group 10:00 Stretch Exercise 10:30 Karaoke 1:30 Paint Along 2:00 Seated Volleyball	10 9:30 Guided Relaxation 10:00 Name That Tune 10:30 Bingo 1:00 Dice-breaker Game 1:30 Strength Exercise 2:30 Audio Book Reading Club	11 9:30 Morning Riddles 10:00 Chair Yoga Exercise 10:30 Pinwheel Craft 1:00 Gardening Club 2:00 Spa Manicures and Haircuts	12 10:00 Knitting Club 10:30 Drum Exercise Group 1:00 YouTube Music Video Watch Group 1:30 Karaoke 2:30 Giant Jenga	13 9:30 Morning Affirmations 10:00 Weekly News 10:30 Indoor Walk and Stretch 1:00 Show and Tell 2:00 Cornhole Tournament	 14 15
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 16	9:30 Guided Relaxation 10:00 Balance Class Exercise 10:30 Karaoke 1:00 Trivia Group 2:00 Shuffle Board Tournament	17 10:00 Brain Teasers 10:30 Seated Balloon Tennis 1:00 Knitting Club 1:30 Spa Manicures and Haircuts	18 9:30 Morning Riddles 10:00 Chair Yoga Exercise 10:30 YouTube Music Video Watch Group 1:00 Gardening Club 2:00 Karaoke	19 9:30 Weekly News 10:30 Strength Exercise 1:00 Jeopardy 1:30 Cooking Club 2:30 Shuffle Board	20 9:30 Earth Day Trivia 10:00 Stretch Exercise 10:30 Bingo 1:00 Earth Day Craft 2:00 Tea Talk	 Earth Day 21 22
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 23	9:30 Weekly News 10:00 Brain Teasers 10:30 Karaoke 1:00 YouTube Music Video Watch Group 2:00 Seated Balloon Tennis Tournament	24 9:30 Morning Riddles 10:00 Chair Yoga Exercise 10:30 Paint Along 1:00 Knitting Club 1:30 Drum Exercise Group 2:00 Movie and Popcorn	25 9:30 Brain Teasers 10:00 Balance Class Exercise 10:30 Bingo 1:00 Indoor Walk Stretch 1:30 Spa Manicures and Haircuts Administrative Professionals Day	26 10:00 Trivia Group 10:30 Gardening Club 1:00 Dice-breaker Game 1:30 Seated Aerobics 2:30 Audio Book Reading Club	27 9:30 Arbor Day Trivia 10:00 Strength Exercise 10:30 Show and Tell 1:30 April Birthday Celebration Social 2:00 Karaoke Arbor Day	 28 29
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30 Central Valley PACE 2401 E. Orangeburg Ave, Ste 330, Modesto, CA, 95355



Program Key: Physical Vocational Social Emotional Intellectual

