

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 April 2026 Meaningful Days			Morning Start Mid-Day Pulse Brown E's Afternoon Flow Decorate Easter eggs (plastic) Evening Calm All Fools' Day Passover Begins	Morning Start Coffee & current events chat Mid-Day Pulse Balloon toss Afternoon Flow: Paint pastel spring scenes Evening Calm: Guided breathing & lavender Aromatherapy	Morning Start: Devotional or inspirational reading Midday Pulse: Walking club Golden Egg Hunt Afternoon Flow: Egg Dying Evening Calm: Hymn sing-along	Morning Start: Saturday breakfast club Midday Pulse: Dance & movement Afternoon Flow: Movie matinee Evening Calm: Warm tea & storytelling
Morning Start: Sunday worship service Live Stream Midday Pulse: The Life Of Jesus Movie Afternoon Flow: Puzzle My Mind Evening Calm: Soft gospel music and Aromatherapy Easter Sunday	Morning Start: Trivia Monday Midday Pulse: Rhythm & drum circle Afternoon Flow: Create spring wreaths Evening Calm: Guided imagery relaxation	Morning Start: Reminiscing: First Jobs Midday Pulse: Parachute movement activity Afternoon Flow: Bingo Evening Calm:	Morning Start: Morning devotion & gratitude circle Midday Pulse: Chair Zumba Afternoon Flow: Watercolor painting Evening Calm: Poetry reading	Morning Start: Word search & brain games Midday Pulse: Bowling (plastic pins) Afternoon Flow: Ice cream social Evening Calm: 60s music listening hour	Morning Start: Animal stories & pet photos Midday Pulse: Tai Chi for seniors Afternoon Flow: Craft: Decorate birdhouses Evening Calm: Guided stretching & soft lighting	Morning Start: Saturday breakfast club Midday Pulse: Dance & movement Afternoon Flow: Movie matinee Evening Calm: Warm tea & storytelling
Morning Start Mid-Day Pulse: Gentle Seated Stretch & Breathe Afternoon Flow: Memory Lane: Church & Childhood Evening Calm: Gospel Music Wind-Down and Aromatherapy	Morning Start: Midday Pulse: Balloon badminton Afternoon Flow: Scrapbooking afternoon Evening Calm: Hand massage & storytelling	Morning Start: Name that scent (herbs & spices) Midday Pulse: Chair yoga Afternoon Flow: Gardening prep – seed planting Evening Calm: Guided breathing	Morning Start: Reminiscing Favorite Vacations Midday Pulse: Noodle ball exercise Afternoon Flow: Evening Calm: Hymn sing-along	Morning Start Coffee & current events chat Mid-Day Pulse Afternoon Flow: Bingo Evening Calm	Morning Start Mid-Day Pulse Afternoon Flow Manicure & spa day Evening Calm	Morning Start: Saturday breakfast club Midday Pulse: Dance & movement Afternoon Flow: Movie matinee Evening Calm: Warm tea & storytelling
Morning Start Mid-Day Pulse: Gentle Seated Stretch & Breathe Afternoon Flow: Puzzle My Mind Evening Calm: Gospel Music Wind-Down and Aromatherapy	Morning Start: Orientation & current events Midday Pulse: Seated kickball Afternoon Flow: Paint by numbers Evening Calm: Relaxing Classical music and Aroma Therapy	Morning Start: Reminiscing Weddings Midday Pulse: Chair Yoga Afternoon Flow: Bingo Evening Calm: Calming instrumental playlist	Morning Start: Earth Day discussion & planting Midday Pulse: Outdoor stroll (weather permitting) Afternoon Flow: Nature collage craft Evening Calm: Nature documentary clips Earth Day Administrative Professionals Day	Morning Start: Trivia Thursday Midday Pulse: Balloon toss Afternoon Flow: Flower arranging Evening Calm: Soft 50s music	Arbor Day	Morning Start: Saturday breakfast club Midday Pulse: Dance & movement Afternoon Flow: Movie matinee Evening Calm: Warm tea & storytelling
Morning Start Mid-Day Pulse Gentle Seated Stretch & Breathe Afternoon Flow: Flow Memory Lane – school days Evening Calm: Gospel Music Wind-Down and Aromatherapy	Morning Start Mid-Day Pulse Afternoon Flow Evening Calm	Morning Start: Bible study and affirmation circle Midday Pulse: Cornhole toss Afternoon Flow: Craft: Painted flowerpots Evening Calm: Soft instrumental music	Morning Start Mid-Day Pulse Afternoon Flow Evening Calm	Morning Start Coffee & current events chat Mid-Day Pulse Afternoon Flow: Bingo Evening Calm	Type extra information here. 	

Type the name, address, and other information about your community/company here.