


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:30 Seated Workout w/Weights (P) 10:00 Devotional (SP, E) 10:30 Daily Chronicle (S, O, I) 11:45 Hand Washing (O) 1:00 Floral Arranging (E, SP, O) 2:00 Finish the Lines (S, I) 3:00 Refreshments and Conversation (S) 3:30 AX Throwing (S, P) 4:00 100 Words (I)</p>	<p>2 9:30 Seated Cardio w/Music 10:00 Daily Chronicle 10:30 TCU Generations Program (S, E, SP, O) 11:45 Washing Hands, Set Tables (O) 1:00 James L. West Lanes Bowling (P) 2:00 Music Therapy with Julia (E, SP, O) 3:00 Refreshments and Conversation (S) 4:00 Seated Volleyball (P)</p>	<p>3 9:30 Seated Stretch w/ Music (P) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP, E) 11:45 Hand Washing, Set Table (O) 1:00 Solar Eclipse Craft (P, S) 2:00 Travel Club (New Orleans) (I, O) 3:00 Refreshments and Conversation 3:30 Noodle Ball Championship (P, S) 5:00 Watercolor Club (S, O)</p>	<p>4 9:30 Devotional (SP, E) 10:00 Seated Zumba with Brenda (P, S) 10:30 Daily Chronicle (S, O, I) 11:00 Trivia (S, I) 11:45 Hand Washing, Set Table (O) 1:00 Seated Ball Toss 2:00 YOU BE THE JUDGE (S, I) 3:00 Refreshments and Conversation (S) 3:30 Bible Study with Chris 5:00 100 Words that begin with A</p>	<p>5 9:30 Seated Workout w/Music (SP, E) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Poetry Reading and Discussion (I, S) 2:00 Sensory Music Therapy w/Cara (E, SP) or Word Search (I) 3:00 Refreshments and Conversation 3:30 Group Music Therapy w/Cara (E, S, SP) 5:00 Puzzles (O, I, S)</p>
<p>8 9:30 Seated Workout w/ Weights (P) 10:00 Devotional (SP, E) 10:30 Daily Chronicle (S, O, I) 11:45 Wash Hands, Set Table (O) 12:00 Solar Eclipse Watch Party (E, SP, O) 1:45 Classic Sing Along (SP, E) 2:00 Dance and Move with Jen (P) 3:00 Refreshments and Conversation (S) 3:30 Garden Club (I) 4:00 Corn Hole (P)</p>	<p>9 9:30 Seated Cardio w/ Music 10:00 Devotional (SP, E) & Daily Chronicle (S, O, I) 10:30 TCU Generations Program (S, O, E SP) 11:45 Hand Washing, Set Table (O) 1:00 Craft Club (O, S) 2:00 Music Therapy with Julia (E, SP, S) 3:00 Refreshments and Conversation (S) 3:30 Classic Sing along (S) 4:00 Outdoor Social</p>	<p>10 9:30 Seated Stretch w/ Music (P) 10:00 Daily Chronicle, This Day in History (S,O) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Basketball Indoors with Ivan (P) 2:00 Finish the Song Lyrics 2:30 Travel Club Texas (O, I) 3:00 Refreshments and Conversation (S) 3:30 Jenna Kim Jones Clean Comedy and Popcorn (S, E) 4:00 UNO (O, I, S)</p>	<p>11 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle & This Day in History (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Culinary Club (S, O) 2:00 Trivia (I) 3:00 Refreshments and Conversation 3:30 Bible Study with Chris (SP, E) 4:00 Corn Hole Championship (O, P, S) 5:00 Racquetball (P)</p>	<p>12 9:30 Seated Workout w/ Music (P,) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Noodle Ball (P) 2:00 Sensory Music Therapy w/Cara (E, SP) or Crafts w/Chandra (O, E) 3:00 Refreshments and Conversation 3:30 Group Music Therapy w/Cara (E, S, SP) 5:00 Seated Volleyball (P)</p>
<p>15 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle, (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Floral Arranging (E, SP, O) 2:00 Dance and Move with Jen (P) 3:00 Refreshments and Conversation (S) 3:30 Corn Hole (S) 4:00 I Love Lucy (E) or Trivia (I)</p>	<p>16 9:30 Seated Cardio w/Music (P) 10:00 Daily Chronicle (S, O, I) 10:30 TCU Generations Program (S, E, SP, O) 11:45 Wash Hands, Set Table (O) 1:00 Craft Club (O, S) 2:00 Music Therapy with Julia (E, SP, S) 3:00 Refreshments and Conversation (S) 3:30 Seated Volleyball (P, S) 4:00 Piano music, puzzles, games (O, I, S)</p>	<p>17 9:30 Seated Stretch w/ Music (P) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Words that start with M (I) 2:00 Music with George (P, S) 3:00 Refreshments and Conversation 3:30 Indoor Basketball Outdoors (P) 4:00 Watercolor Club (O, I, S)</p>	<p>18 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle, This Day in History (S, O, I) 11:00 Devotional (SP, S) 11:45 Wash Hands, Set Table (O) 1:00 AX Throwing (P) 2:00 Culinary Club (O, S) 3:00 Refreshments and Conversation 3:30 Bible Study w/Chris (E, SP) 4:00 Ball Toss (P)</p>	<p>19 9:30 Noodle Ball (P) 10:30 Daily Chronicle (S, O, I) 11:00 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 12:45 Eat Well presented by Meals on Wheels (S, I) 1:00 Flash Back Movie Friday (O, S) 2:00 Sensory Music Therapy w/Cara (E, SP) 3:00 Refreshments and Conversation 3:30 Group Music Therapy w/Cara (E, S, SP) 5:00 Outdoor Social (P, S)</p>
<p>22 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Floral Arranging (E, SP, O) 2:00 Dance and Move with Jen (P) 3:00 Refreshments and Conversation (S) 3:30 Garden Club (S, O) 4:00 Noodle Ball (P)</p>	<p>23 9:30 Seated Cardio w/ Music (P) 10:00 Daily Chronicle (S, O, I) 10:30 TCU Generations Program (S, E, SP, O) 11:45 Wash Hands, Set Table (O) 1:00 Craft Club (O, S) 2:00 Music Therapy with Julia (E, SP, S) 3:00 Refreshments and Conversation 3:30 Seated Volleyball (P, S) 4:00 Spring Fling Open House!</p>	<p>24 9:30 Seated Stretch w/ Music (P) 10:00 Daily Chronicle, (S, O, I) 10:30 Devotional (SP) 11:45 Wash Hands, Set Table 1:00 Seated Volleyball (P, S) 2:00 Drum Circle with Kenny (S, O) 3:00 Refreshments and Conversation 3:30 AX Throwing (P) 4:00 Puzzles and Table Games (S, I)</p>	<p>25 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle, This Day in History (S, O, I) 10:30 Devotional (SP) 11:45 Wash Hands, Set Table (O) 1:00 Indoor Axe Throwing Game 2:00 Art on the Go with Sixty and Better (O, S) 3:00 Refreshments and Conversation 3:30 Bible Study w/Chris (E, SP) 4:00 Ball Toss (P)</p>	<p>26 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Relaxation Club 2:00 Sensory Music Therapy w/Cara (E, SP) or Word Search (I) 3:00 Refreshments and Conversation 3:30 Group Music Therapy w/Cara (E, S, SP) 5:00 Noodle Ball (O, I, S)</p>
<p>29 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP,E) 11:30 Floral Arranging (E, SP, O) 11:45 Wash Hands, Set Table (O) 1:00 Bingocize with Sixty and Better (O, I, S, P) 2:00 April Birthday's Celebration! (S, P) 3:00 Refreshments and Conversation (S) 3:30 Outdoor Social (S, O) 4:00 Puzzles</p>	<p>30. 9:30 Seated Cardio w/ Music (P) 10:00 Daily Chronicle (S, O, I) 10:30 TCU Generations Program (S, E, SP, O) 11:45 Wash Hands, Set Table (O) 1:00 Ball Toss (S, P) 2:00 Music Therapy with Julia (E, SP, S) 3:00 Refreshments and Conversation 3:30 Dice and Move 4:00 Corn hole Outdoor Social (O, I, S)</p>	<p><u>THERAPEUTIC BENEFITS OF ACTIVITY PROGRAMMING</u> S: SOCIAL-get to know others, be a part of a group, make friends, connect, and decrease loneliness and boredom. E: EMOTIONAL-a chance to express emotions, feelings, reminisce, manage stress and unpleasant thoughts, experience joy & happiness. P: PHYSICAL- moving the body, staying limber, decreasing falls, increasing physical strength and stamina, learning about health.</p>	<p><u>THERAPEUTIC BENEFITS OF ACTIVITY PROGRAMMING</u> O: OCCUPATIONAL- connecting with past roles, enjoying hobbies, enjoy feelings of accomplishment, finding ways to be useful and helpful to others. SP: SPIRITUAL finding meaning and purpose, finding peace, may also include religious beliefs, yoga, meditation and enjoying music. I: INTELLECTUAL: using the brain, challenging cognition, learning new things, thought-provoking activities. Using the brain and current abilities helps to retain them.</p>	

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mongolian Chicken Bites Jasmine Rice Oriental Veggies Wheat Bread Fortune Cookie	2 Fresh Fruit Meatloaf w/Tomato Sauce Macaroni & Cheese Veggies Cornbread Muffin Pie	3 Chicken Alfredo w/Bowtie Pasta Seasoned Carrots Green Beans w/Peppers and Onions Red Velvet cupcake	4 Warmed Spiced Oranges Hamburger Potato Chips Black Beans Ice Cream	5 Lime Jello Jamaican Jerk Chicken White Rice Seasoned Lentils Multigrain Bread Pudding Parfait
8 Fresh Fruit Beef Swiss Patty Penne Pasta Spinach Texas Bread Chocolate Pie	9 Warm Cinnamon Applesauce Chicken Meatballs in Feta Cream Sauce Lemon Rice Wheat Pita Ice Cream	10 Brown Sugar Glazed Turkey Garlic Mashed Potatoes Green Beans Dinner Roll Chocolate Chip Cookie	11 Cherry Gelatin Beef Enchilada Chips and Salsa Yello Rice Black Beans Pudding Parfait	12 Fruit Cocktail Chicken Spaghetti Veggies Green Peas Multigrain Bread Chocolate Cake w/Ice Cream
15 Potato Salad Turkey Swiss Melt Mashed Potatoes Brussel Sprouts Texas Toast Oatmeal Raisin Cookie	16 Chef Salad Chicken Soft Taco Chips and Salsa Charro Beans Warm Rice Pudding	17 Beef Meatballs in Marinara Sauce Rotini Pasta Veggies Dinner Roll Glazed Vanilla Cake	18 Banana Baja Chicken Salad on Croissant Honey Lime Corn Black Bean Salad Pudding Parfait	19 Potato Salad Chicken Nuggets Herbed Rice Broccoli and Carrots Wheat Bread Nuttty Buddy Bar and Ice Cream
22 Peaches Turkey Swiss Melt Mashed Potatoes Brussel Sprouts Texas Toast Oatmeal Raisin Cookie	23 Salad Chicken Breast w/Garlic Sauce Penne Pasta Sliced Carrots Dinner Roll Vanilla Wafers Parfait	24 Meatloaf and Tomato Sauce Rice Florentine Green Beans and Tomatoes Cornbread Muffin Chocolate Pie Dessert	25 Salad Tuscan Chicken Green Peas California Blend Veggies Wheat Bread Strawberry Shortcake	26 Fresh Fruit Cranberry Chicken Salad on Croissant Tangy Coleslaw Beet Salad Potato Chips Chocolate Brownie
29 Breaded Chicken Tenders w/BBQ Sauce Mac and Cheese Sliced Carrots Multigrain Bread S'mores	30 Banana Honey Ginger Chicken White Rice Steamed Cabbage Wheat Bread cake	 <h1>April</h1>		



April 2024 NEWSLETTER

The James L. West Senior Day Program



Due to low participation, the Thursday on-site support group is temporarily on hold. We plan to start it again in the fall on a monthly basis. There are several other support group options: Each Wednesday from 1p-2p Online; Each Friday at 11 a.m. at 1111 Summit Ave (James L. West) and the 2nd Saturday of the month (Online) Grief Support Group 10:30 a.m.--12 p.m. Please email Hollie at hglover@jameslwest.org to get registered and for reminders.

Help Us Fill Up Thursday!

Currently Thursday is our lowest attended day...we'd love to add some additional participants on that day. Please let us know if you'd like to add another day to your usual schedule. Every day is fun at the James L. West Senior Day Program!

Parking Lot Traffic Flow:

There are times especially around 4-5:30 when traffic is busy in our area, and many participants are picked up at the same time. Please help us maintain a safe traffic flow by coming in the front on Harris Parkway, and driving thru the parking lot and out on John Ryan Drive. With the traffic so busy, trying to have people turn in and out on Harris Parkway has caused a few "near misses."