

April 2024



The Day Center

Mon	Tue	Wed	Thu	Fri
<p>1 9:30 Exercise (SR), Live Stream News (CL), April Puzzles (LD) 10:15 Sharpen Your Senses (DR), Beavers: Nature's Engineers (LF), Five Alive Dice (AR) 11:00 Pop, Country & Classic Rock (MR), Axe Throwing (SR), Lingo (LS) 11:45 Lunch: Citrus Salmon & Rice 12:45 Seated Tai Ji w/Chris C (SR), Can You List This? (AR), Animal Pictionary (LS) 1:30 PRIZE BINGO (AR/MR), Google This (LF) 2:15 Streaming Videos (CL), Dutch Shuffleboard (SR), Fact or Foolery (LS) 3:00 Table Games</p>	<p>2 9:30 Exercise (SR), Live Stream News (CL), Checkers (LD) 10:15 Wordle w/Julie (DR), Pampering & Nail Care w/Laura (MR), The Titanic (LF) 11:00 Bible Study w/Abby (AR), Sheaf Toss (SR), KILT Categories (LS) 11:45 Lunch: Hamburger & Red Skin Potatoes 12:45 Exercise (SR), Funny Sayings (LS), IN2L: Trivia Games (CL) 1:30 Book Club w/Julie (AR), Scottish History Day (LF), Bunco (DR) 2:15 Streaming Videos (CL), Who/What Am I? (LS), Ping Pong Bounce (SR) 3:00 Table Games</p>	<p>3 9:30 Exercise (SR), Live Stream News (CL), Uno (AR) 10:15 Don't Say It (DR), History of Hymns w/Julie (LF), Tovertafel (DR) 11:00 Family Feud (LS), Frog Pond (SR), Happy B-day Jane Goodall (CL) 11:45 Lunch: Salisbury Steak & Mashed Potatoes w/Gravy 12:45 Exercise (SR), Celebrate Sundaes (LF), Dominoes (AR) 1:30 Sing Along w/Karen H (MR), Google This (LF) 2:15 Streaming Videos (CL), Call Out the Answer (LS), Balloon Swat (SR) 3:00 Table Games</p>	<p>4 9:30 Exercise (SR), Live Stream News (CL), Rhyme or Reason (LS) 10:15 Let's Ballroom Dance (LF), Toss Up Dice (AR), Are You Smarter..? (DR) 11:00 PRIZE BINGO (AR/MR), Toss (SR) 11:45 Lunch: Stuffed Chicken & Rice 12:45 Exercise (SR), Art w/Sandie (AR), Food History: The Burrito (LF) 1:30 Art w/Sandie (AR), Celebrate Maya Angelou (LF), Dance Word Mining (DR) 2:15 Streaming Videos (CL), Ping Pong Bounce (SR), Let's Talk (LS) 3:00 Table Games</p>	<p>5 9:30 Exercise (SR), Live Stream News (CL), STAR Categories (LD) 10:15 For Get It Dice (DR), Word Challenge w/Julie (AR), Constellations (LF) 11:00 Music w/Marv L (AR/MR), Milky way Toss (SR) 11:45 Lunch: Polish Sausage on a Bun 12:45 Exercise (SR), Table Games w/Teresa (AR), One Minute Mysteries (LS) 1:30 Uno (DR), Astronomy 101 (LF), Grandparent Talk (MR) 2:15 Streaming Videos (CL), Into the Orbit (SR), Skip Bo (AR) 3:00 Table Games</p>
<p>8 9:30 Exercise (SR), Live Stream News (CL), Prayer Circle w/Kendra (LF) 10:15 Music w/Bruce S (MR), Mind Benders w/Lori (DR) 11:00 Music w/Bruce S (MR), Yolf (SR) 11:45 Lunch: BBQ Chicken & Baked Potato 12:45 Exercise (SR), Rocks Rock! (MR), LRC (LD) 1:30 Rock Painting (AR), Music that Rocks (LF), Speed Wiz (DR) 2:15 Streaming Videos: Rockford Files (CL), Stone Skipping (SR), Family Talk (LS) 3:00 Table Games</p>	<p>9 9:30 Exercise (SR), Live Stream News (CL), Unicorn Dice (LD) 10:15 Dominoes (AR), Piggy Bankers w/Julie (CL), Rosie Riveter Day (LF) 11:00 Hymn Sing w/Abby (MR), Ring Toss (SR) 11:45 Lunch: Bourbon Chicken & Rice 12:45 Exercise (SR), Health Topic w/Olivia (MR), Kites & Candy (LS) 1:30 BINGO (DR), Book Club w/Julie (LS) 2:15 Streaming Videos (CL), Hula Hoop Dice (SR), What Comes Next? (MR) 3:00 Table Games</p>	<p>10 9:30 Exercise (SR), Live Stream News (CL), Bananagrams (MR) 10:15 Karaoke w/Julie (CL), Qwirkle (AR), All Things Dairy (LF) 11:00 On the Farm (LS), Poker's Wild (MR), Noodle Hockey (SR) 11:45 Lunch: Pork Chops & Mashed Potatoes w/Gravy 12:45 Art w/Sandie (AR), Exercise (SR), TRASH Cards (LD) 1:30 Art w/Sandie (AR), Word Challenge w/Julie (DR), Travel Vatican City (LF) 2:15 Streaming Videos (CL), Game of THINGS (LS), Horseshoes (SR) 3:00 Table Games</p>	<p>11 9:30 Exercise (SR), Live Stream News (CL), Pampering & Nail Care w/Laura (LS) 10:15 Concentration (SR), Fore! (LF), Golf Card Game (DR) 11:00 Music w/the Eadies (AR/MR), Lawn Darts (SR) 11:45 Lunch: Sweet & Sour Meatballs w/rice 12:45 Exercise (SR), Word Puzzles & Coloring w/Liz (AR), Yarn Club w/Susan (LS) 1:30 Civil Rights Anniversary (LF), GOLF Categories (DR), Farkle (MR) 2:15 Streaming Videos (CL), Mini Golf (SR), You Be the Judge (LS) 3:00 Table Games</p>	<p>12 9:30 Exercise (SR), Live Stream News (CL), Bunco Dice (MR) 10:15 Password (DR), Bible Study w/Carol B (AR), # Game (LD) 11:00 Gaither Music Videos (MR), Football Toss (SR), IN2L: Word Challenges (CL) 11:45 Lunch: Hotdog 12:45 Exercise (SR), I Hear Memories (LD), TRASH Card Game (AR) 1:30 PRIZE BINGO (AR/MR), Rick Steves Travel (CL) 2:15 Streaming Videos (CL), Ver-tellis (LS), Skee Ball (SR) 3:00 Table Games</p>
<p>15 9:30 Exercise (SR), Live Stream News (CL), Shake Awake Your Taste (LS) 10:15 Rhyme Out! (SR), Tenzies (DR), Jackie Robinson (LF) 11:00 Music w/Marv L (AR/MR), Toss N' Talk (SR) 11:45 Lunch: Chicken Salad Croissant 12:45 Exercise (SR), Health Topic w/Olivia (MR), Brain Drain (LS) 1:30 BINGO (DR), History of McDonalds (LF) 2:15 Streaming Videos (CL), Golf Putting (SR), 6 Card Bingo (LD) 3:00 Table Games</p>	<p>16 9:30 Exercise (SR), Live Stream News (CL), Picture This (LD) 10:15 Music w/the Noteblenders (AR/MR), Book Club w/Julie (LS) 11:00 Bible Study w/Abby (LS), IN2L: Word Games (CL), Bocce Ball (SR) 11:45 Lunch: Chicken & Rice w/Gravy 12:45 Exercise (SR), Name 5 (LS), Art w/Sandie (AR) 1:30 Art w/Sandie (AR), Trivia (LF), Wordle w/Julie (DR) 2:15 Streaming Videos (CL), Ping Pong Buckets (SR), Who/What Am I? Animal Edition (LS)</p>	<p>17 9:30 Exercise (SR), Live Stream News (CL), Pampering & Nail Care w/Laura (AR) 10:15 Games (MR), Academy Award Songs (LF), Tovertafel (DR) 11:00 PRIZEBINGO (AR/MR), Dutch Shuffleboard (SR) 11:45 Lunch: Cabbage Rolls & Au Gratin Potatoes 12:45 Exercise (SR), The Mustang (LF), FAST Categories (AR) 1:30 Music w/Gloria VH (MR), History of Ellis Island (LF) 2:15 Streaming Videos (CL), Large Group Yahtzee (SR), Chat Pack (LS) 3:00 Table Games</p>	<p>18 9:30 Exercise (SR), Live Stream News (CL), Gladiator Races (AR) 10:15 Junior Trivia (DR), Optimism & Humor w/Kelci (LF), Uno (AR) 11:00 Axe Throwing (SR), Tovertafel (DR), When in Rome.. (MR) 11:45 Lunch: Sliced Ham & Sweet Potatoes 12:45 Exercise (SR), Pop, Country & Classic Rock (MR), Picture Apples to Apples (LD) 1:30 Clever Endeavor (DR), Food History: Olives (LF), Remembering the Good Old Days (AR) 2:15 Streaming Videos: Travel Rome (CL), Olive Swat (SR), ROME Categories (MR) 3:00 Table Games</p>	<p>19 9:30 Exercise (SR), Live Stream News (CL), Farkle (MR) 10:15 Bible Study w/Carol B (AR), Word Challenge w/Julie (DR), Things That Built America (LF) 11:00 Horseshoes (SR), You Be the Judge (LS), Memory Madness (AR) 11:45 Lunch: Frittata & Red Roasted Potatoes 12:45 Exercise (SR), Never Have I Ever (LS), IN2L: Family Feud w/Teresa (CL) 1:30 Huggermugger (DR), History of Hymns w/Julie (LF), Pokemo (MR) 2:15 Streaming Videos (CL), Kerplunk (SR), Thinking Cards (AR) 3:00 Table Games</p>
<p>22 9:30 Exercise (SR), Live Stream News (CL), Rummikub (AR) 10:15 Shake Up the Relatives (LS), Prayer Circle w/Kendra (MR), Mind Benders w/Lori (DR) 11:00 Celebrate Earth Day (CL), Earth Skee Ball (SR), Dominoes (AR) 11:45 Lunch: Sweet & Sour Meatballs & Rice 12:45 Exercise (SR), Remember the World's Fair (LF), 6 Card Bingo (AR) 1:30 Penny Ante (LD), Earth Sounds (MR), Earthly Family Feud (DR) 2:15 Streaming Videos (CL), 20 Questions (LS), 3 R's Ring Toss (SR) 3:00 Table Games</p>	<p>23 9:30 Exercise (SR), Live Stream News (CL), Pirinola (LD) 10:15 Spacing Out (LF), Spring Magazine Scavenger Hunt (AR), Piggy Bankers w/Julie (CL) 11:00 Music w/Judy T (MR), Velcro Ball Target (SR) 11:45 Lunch: Chicken Cavatappi & Garlic Bread 12:45 Exercise (SR), Paper Hopscotch (AR), Taboo (LS) 1:30 BINGO (AR/MR), Book Club w/Julie (LS) 2:15 Streaming Videos (CL), Basketball (SR), Urban Myth (LS)</p>	<p>24 9:30 Exercise (SR), Live Stream News (CL), Aggravation (AR) 10:15 For Get It Dice (AR), History of Soda Fountains (LF), Bible Trivia (DR) 11:00 Gaither Music Videos (MR), IN2L: Crossword Puzzles (CL), Bottle Ring Toss (SR) 11:45 Lunch: Pork BBQ Sandwich Exercise w/Sandie (SR), Farkle (LD) 1:30 Art w/Sandie (AR), Challenge w/Julie (DR), Incredible Inventions (LF) 2:15 Streaming Videos (CL), Skee Ball (SR), Kites & Candy (LS) 3:00 Table Games</p>	<p>25 9:30 Exercise (SR), Live Stream News (CL), Bible Sequence (AR) 10:15 Get Jazzy! (LF), IN2L: Animal Kingdom (CL), Call Out the Answer (SR) 11:00 Music w/the Beukemas (AR/MR), Record Toss (SR) 11:45 Lunch: Beef Stew 12:45 Exercise (SR), Learning w/Liz (LF), TRASH Cards (AR) 1:30 PRIZE BINGO (AR/MR), Bizarre Facts Quiz (DR) 2:15 Streaming Videos: Travel New Orleans (CL), Ladder Ball (SR), Chat Pack (LS) 3:00 Table Games</p>	<p>26 9:30 Exercise (SR), Live Stream News (CL), Tree-rific Trivia (LS) 10:15 Bible Study w/Carol B (AR), Pampering & Nail Care w/Laura (DR), Arbor Day (LF) 11:00 Tree Ring Toss (SR), Bananagrams (AR), Travel America (LS) 11:45 Lunch: Herb Tilapia & Parsley Noodles 12:45 Exercise (SR), Outburst Jr. (LS), IN2L: National Parks (CL) 1:30 Karaoke w/Julie (CL), Wood-working (LF), Table Yahtzee (AR) 2:15 Streaming Videos (CL), Axe Throwing (SR), Pictionary (MR) 3:00 Table Games</p>
<p>29 9:30 Exercise (SR), Live Stream News (CL), Junk Drawer Detective (LD) 10:15 Stuck in the Mud Dice (AR), Up in my Treehouse (LF), Draw a Letter Word Mining (DR) 11:00 Bocce Ball (SR), Interactive Jeopardy (MR), Have You Ever..? (LS) 11:45 Lunch: Swedish Meatballs & Egg Noodles 12:45 Exercise (SR), Classwords (LS), A Tree-mendous Discussion (MR) 1:30 BINGO (DR), Name That Tune (LF) 2:15 Streaming Videos (CL), Corn Hole (SR), My Generation (LS) 3:00 Table Games</p>	<p>30 9:30 Exercise (SR), Live Stream News (CL), Pampering & Nail Care w/Laura (LS) 10:15 Art w/Sandie (AR), Book Club w/Julie (LS), Tri-Bond (DR) 11:00 Art w/Sandie (AR), Lawn Darts (SR) Getting to Know You (LS) 11:45 Lunch: Scalloped Ham & Potatoes 12:45 Exercise (SR), Bible Study w/Abby (MR), Can You Picture This? (CL) 1:30 3's Low Dice (AR), History of Hymns w/Julie (LF), Concentration (DR) 2:15 Streaming Videos (CL), Would You Rather? (LD), Poker Chip Toss</p>			

April 2024



The Day Center Press

Beltone Hearing Clinic
Tuesday, April 16th
from 1-2:30 p.m.



55 W. 16th St
Holland, MI 49423
616-355-5130

The Day Center
of Evergreen Commons

Hours of Operation:
Monday-Friday
8:00am-4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Cottage Cheese Citrus Salmon Rice Green Beans Mandarin Oranges</p>	<p>2</p> <p>Salad Hamburger Red Skin Potatoes Broccoli Pears</p>	<p>3</p> <p>Salad Salisbury Steak Mashed Potatoes & Gravy Peas Fruit Cocktail</p>	<p>4</p> <p>Cheese & Crackers Stuffed Chicken Rice Succotash Peaches</p>	<p>5</p> <p>Applesauce Polish Sausage on a Bun Sauerkraut Asparagus Cookie</p>
<p>8</p> <p>Salad BBQ Chicken Breast Baked Potato Carrots Fruited Jell-O</p>	<p>9</p> <p>Salad Bourbon Chicken Rice Squash Fruit Crisp</p>	<p>10</p> <p>Peaches Pork Chops & Gravy Mashed Potatoes Corn Fig Newton</p>	<p>11</p> <p>Cottage Cheese Sweet & Sour Meatballs Rice Asparagus Ambrosia</p>	<p>12</p> <p>Potato Salad Hotdog Cauliflower Fruit Cocktail</p>
<p>15</p> <p>Pasta Salad Chicken Salad on a Croissant Coleslaw Mandarin Oranges</p>	<p>16</p> <p>Cottage Cheese Chicken & Gravy Rice Beets Peaches</p>	<p>17</p> <p>Salad Cabbage Rolls Au Gratin Potatoes Carrots Applesauce</p>	<p>18</p> <p>Salad Sliced Ham Sweet Potatoes Peas Pineapple Tidbits</p>	<p>19</p> <p>Apricots Frittata Red Roasted Potatoes Carrots Jell-O</p>
<p>22</p> <p>Cheese & Crackers Sweet & Sour Meatballs Rice Squash Ambrosia</p>	<p>23</p> <p>Salad Chicken Cavatappi Garlic Bread Lima Beans Applesauce</p>	<p>24</p> <p>Pasta Salad Pork BBQ Sandwich Baked Beans Wax Beans Tropical Fruit</p>	<p>25</p> <p>Salad Beef Stew Bread Stick Green Beans Pears</p>	<p>26</p> <p>Cottage Cheese Herb Tilapia Parsley Noodles Asparagus Peaches</p>
<p>29</p> <p>Salad Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits</p>	<p>30</p> <p>Cottage Cheese Scalloped Ham & Potatoes Mixed Vegetables Fruit Cobbler</p>	<p>April 2024 AgeWell Menu for The Day Center</p>		

Sandwich Options: Peanut Butter or Chicken Salad