

# Life Enrichment – Eastpointe

## April 2025

| Monday                                                                                                                                                                                                                               | Tuesday                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                     |
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|                                                                                                                                                     | <b>1</b> April Fools' Day<br><b>10:00</b> Challenge your mind<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> April fool's day<br><b>11:00</b> Tell your best jokes<br><b>1:00</b> DJ IBCool | <b>2</b> National walking day<br><b>10:00</b> Daily Chronicles<br><b>10:30</b> Chair Yoga<br><b>10:45</b> <i>Let's chat about?</i><br><b>11:00</b> Silver Sneakers<br><b>1:00</b> Walking exercise               | <b>3</b> <b>Girl Scouts Day</b><br><b>10:00</b> Brainteasers & Coffee<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> <i>Current Event discussion</i><br><b>11:00</b> Bingo<br><b>1:00</b> Music selection | <b>4</b> <b>Beauty Shop Services</b><br><b>10:00</b> Daily Chronicles & coffee<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> Tigers Opening Day<br><b>11:00</b> Tigers trivia<br><b>1:00</b> Baseball & Cracker Jacks |
| <b>7</b> <b>Marcus Beauty Shop services</b><br><b>10:00</b> Daily chronicles & coffee<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> <i>Red Lobster outing</i><br><b>11:00</b> Let's chat about?<br><b>1:00</b> Walking exercise | <b>8</b><br><b>10:00</b> Challenge your mind<br><b>10:30</b> Current Events<br><b>10:45</b> <i>Red Lobster outing</i><br><b>11:00</b> Let's chat about?<br><b>1:00</b> Music selection          | <b>9</b> <b>Positive Affirmations Day</b><br><b>10:00</b> Daily chronicles<br><b>10:30</b> Spiritual Wellness<br><b>10:45</b> I am Positive words<br><b>11:00</b> Meditation yoga<br><b>1:00</b> Music Selection | <b>10</b> <b>Twin Day</b><br><b>10:00</b> Challenge your mind<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> Current Events<br><b>11:00</b> Twin fun facts<br><b>1:00</b> Charles Piano                   | <b>11</b> <b>Twin Day</b><br><b>10:00</b> Daily Chronicles & coffee<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> Let's chat about?<br><b>11:00</b> Twin fun facts<br><b>1:00</b> Twin dance contest                  |
| <b>14</b> International moment of laughter day<br><b>10:00</b> Daily chronicles<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> <i>Let's chat</i><br><b>11:00</b> Showtime at the Apollo<br><b>1:00</b> Walking exercise          | <b>15</b> <b>Stress Awareness Day</b><br><b>10:00</b> Brain Teasers<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> <i>Aldi Outing</i><br><b>11:00</b> Bingo<br><b>1:00</b> Meditation Yoga  | <b>16</b><br><b>10:00</b> Daily Chronicles & coffee<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> <i>Aldi Outing</i><br><b>11:00</b> Silver sneakers<br><b>1:00</b> Music selection choice                  | <b>17</b> <b>Poetry Day</b><br><b>10:00</b> Brainteasers & Coffee<br><b>10:30</b> Spiritual wellness<br><b>10:45</b> Let's chat about<br><b>11:00</b> Poetry Slam<br><b>1:00</b> Easter Celebration           | <b>18</b> <b>Good Friday</b><br><b>10:00</b> Daily Chronicles & coffee<br><b>10:30</b> Spiritual Wellness<br><b>10:45</b> <i>Let's chat about?</i><br><b>11:00</b> Easter Trivia<br><b>1:00</b> Easter Celebration /Ladon  |

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| <b>21</b><br>10:00 Daily Chronicles<br>10:30 Spiritual wellness<br>10:45 <i>Let's chat about?</i><br>11:00 Bingo<br>1:00 Music selection choice                                                     | <b>22            Earth Day</b><br>10:00Wacky Wordies,<br>etc.<br>10:30 Spiritual Wellness<br>10:45 Earth Day facts<br>11:00 Earth Day bingo<br>1:00 Singer Marie                | <b>23    Let's experiment Day!</b><br>10:00 Brain challenge &<br>coffee<br>10:30 Spiritual wellness<br>10:45 Science fun facts!<br>11:00 TIME FOR<br>SCIENCE!<br>1:00 Music selection | <b>24    Marcus Beauty Shop<br/>services</b><br>10:00 Brain challenge & coffee<br>10:30 Spiritual Wellness<br>10:45 <i>Let's chat about?</i><br>11:00 Family Feud<br>1:00 Music selection | <b>25            Arbor Day</b><br>10:00 Daily Chronicles &<br>coffee<br>10:30 Spiritual Wellness<br>10:45 <i>Arbor Day facts</i><br>11:00 Planting<br>1:00 Music selection |
| <b>28            Superhero Day</b><br>10:00 Daily Chronicles<br>10:30 Spiritual wellness<br>10:45 <i>Let's chat about</i><br>11:00 What is your<br>superhero name?<br>1:00 Performance by<br>Jeylin | <b>29    International Dance<br/>Day</b><br>10:00 Wacky wordies<br>10:30 Spiritual wellness<br>10:45 Dance Trivia<br>11:00 Let's Dance<br>1:00 April Birthday<br>Party/DJ Ladon | <b>30    International Jazz<br/>Day</b><br>10:00 Daily Chronicles<br>10:30 Let's chat about<br>10:45 Jazz Trivia<br>11:00 Jazz Talent<br>1:00 April Birthday<br>Party/ Armando        |                                                                                                        |                                                                                         |