




Life Enrichment – Southfield

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 April Fools’/ Julie Bodson 10:15 Coffee N Sunshine 10:45 Spread Ur Wings Workout 11:00 Prize Bingo 12:00 Ask Google 1:30 Canvas Painting	2 10:15 Coffee N Convo 10:45 Afro Beats Workout 11:00 Basket Making 12:00 Name That Tune 1:30 Meg Of PACE/ Ind.Leisure	3 Good Friday 10:15 Gospel Morning 10:45 Mindful Meditation 11:00 Easter Celebration 12:00 Grateful Grateful 1:30 Guessing Game Raffle
6 DETROIT Tigers Day 10:15 Coffee N Tune 10:45 Homerun Stretch 11:00 <i>BOBBY-T</i> 12:00 Baseball Trivia 1:30 <i>Tai Chi</i>	7 Julie Bodson 10:15 Breakfast N Tunes 10:45 Drama Club/Stretches 11:00 Karaoke 12:00 Would you rather 1:30 Family Feud	8 \$ WALMART \$/ Avon 10:15 Breakfast N Tunes 10:45 Movie+Popcorn 11:00 Concession Stand 12:00 Seated Stretches 1:30 Big Ballon Bounce	9 Passover Ends 10:15 Coffee N Convo 10:45 Dance N Seat 11:00 Bag Decorating 12:00 Calendar Planning 1:30 Big Ballon Bounce	10 Elderific Salon 10:15 Gospel Morning 10:45 Mindful Meditation 11:00 Prize Bingo 12:00 Calendar Planning 1:30 Raffle
13 Spring Concert/Central PRK DELI\$ 10:15 Coffee N Convo 10:45 Movement 2 Music 11:00 <i>Spa Day</i> 12:00 Name That Tune 1:30 Family Feud	14 10:15 Coffee N Sunshine 10:45 Ladder Golf 11:00 Spa Day 12:00 Name That Tune 1:30 <i>Flowerpot Painting</i>	15 Spring Fashion Extravaganza 10:15 Breakfast Tunes 10:45 Fast Freddie 11:00 Fashion Show 12:00 Tunes for Lunch 1:30 Vanessa Carr	16 N’tl Purple Day/ Avon 10:15 AM Table talks 10:45 Purple Yoga 11:00 Purple Rain Punch 12:00 All About Purple 1:30 Wheel of Fortune	17 Turnip its Spring, Party 10:15 Coffee N Sunshine 10:45 Movement 2 Music 11:00 Deblon 12:00 Name 5 Game 1:30 Corn Hole
20 10:15 Coffee N Convo 10:45 Seated Stretches 11:00 <i>Wooden Houses</i> 12:00 Convo. Starters 1:30 Cardio Drumming	21 \$ Nikolas \$ / PPT Townhall 10:15 Breakfast N Tunes 10:45 Dance N Seat 11:00 Driving Simulator 1:00 PPT Townhall 2:30 PPT Townhall	22 Earth Day/ PPT Townhall 10:15 Coffee N Convo 10:45 Big Clap Exercise 11:00 DIY Bird Feeder 1:00 PPT Townhall 2:30 PPT Townhall	23 Elderific Salon 10:15 Breakfast N Tunes 10:45 Seated Stretches 11:00 Bucket Dump Game 12:00 Convo. Starters 1:30 Meg Of PACE/ Ind.Leisure	24 Arbor Day 10:15 Rise N Shine Talks 10:45 Reach for the sun 11:00 Plant A Seed 12:00 IN2L Games 1:30 Learn Sign Language
27 10:15 Breakfast N Tunes 10:45 Ladder Golf 11:00 DiY Hand Fan 12:00 Karaoke 1:30 Wheel Of Fortune	28 Al + Duo 10:15 Coffee N Sunshine 10:45 Movement 2 Music 11:00 <i>B-DAY PARTAY</i> 12:00 Dance N Seat 1:30 Learn Sign Language	29 10:15 Coffee N Convo 10:45 Big Clap Exercise 11:00 PACEBuckAuction 12:00 Pace Buck Triva 1:30 B-DAY PARTAY	30 10:15 Breakfast Tunes 10:45 Movie+Popcorn 11:00 Concession Stand 12:00 Seated Stretches 1:30 PACE Buck Auction	

Bible Study- Thursday 11a/ Choir Rehearsals- Monday 11a W/Rev. Greer / Men’s Group Meeting- April 2nd and April 22nd/ Drama Club W/Tasha April 7th and April 28th / LIFE ENRICHMENT THEROPIST - Trevon Green, (248)532-8221 | Lily Hargrave-Thomas, (313)