

# Life Enrichment – Sterling Heights

## April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bible Study on Thursdays</b> <b>Book Club:</b> Tuesday, April 7 <sup>th</sup> <b>Baking Club:</b> Wed., April 29 <sup>th</sup> <b>Craft Club:</b> Thurs., April 23 <sup>rd</sup> <b>Choir Club on Fridays</b>		<b>1</b> April Fools/Passover Begins 10:00 <b>AVON</b> 10:30 Chair Yoga 10:45 April Trivia/Jokes 11:30 Calendar Review 1:00 <b>Cardio Drumming</b>	<b>2 Easter Celebration</b> 10:00 Coffee & Conversation 10:30 Movement to Music 10:45 Marshmallow Dyeing 11:30 Calendar Review 1:00 Easter Best Fashion Show	<b>3</b> Tigers vs. Cardinals/Good Friday 10:00 Daily Wordle 10:30 Chair Aerobics 10:45 <b>Easter/Choir Concert</b> 11:30 Easter Basket Making 1:00 <b>Paul Ritchie/Bingo</b>
<b>6 Coney Island Outing</b> 10:00 This Day in History 10:30 Simon Says 10:45 You Be the Judge 11:30 Participant Rights Educ. 1:00 Spring Craft Cart	<b>7 Elderific Salon/Book Club</b> 10:00 Salon Sign-Up 10:30 Morning Stretches 10:45 You Be the Judge 11:30 Day Center Etiquette 1:00 <b>Dynamic Duo/Bingo</b>	<b>8 Elderific Salon</b> 10:00 Salon Sign-Up 10:30 Cornhole/Velcro Dart 10:45 Tote Bag Decorating 11:30 Activity Planning 1:00 <b>Coronel Dancers/Euchre</b>	<b>9</b> Passover Ends 10:00 Hand Care/Spa Day 10:30 Chair Yoga 10:45 Tote Bag Decorating 11:30 Activity Planning 1:00 Jellybean Taste Test	<b>10 Nat'l Siblings Day/Pop-Up Shop</b> 10:00 Hand Care/Spa Day 10:30 Movement to Music 10:45 Show & Share Siblings 11:30 Day Center Etiquette 1:00 Jellybean Taste Test
<b>13 Nat'l Scrabble Day</b> 10:00 Daily Wordle 10:30 Chair Aerobics 10:45 Scrabble 11:30 Bio: Catherine de Medici 1:00 Wind Chime Painting	<b>14 Peaches &amp; Greens</b> 10:00 This Day in History 10:30 Walk 'n' Roll 10:45 Moment of Laughter Day 11:30 Dementia Education 1:00 Wind Chime Painting	<b>15 Detroit Tigers Party</b> 10:00 Music & Mingle 10:30 Morning Stretches 10:45 Nat'l ASL Day - Signs 11:30 Bio: Ty Cobb 1:00 <b>Dynamic Duo/Bingo</b>	<b>16 Men's Tigers Game/Party</b> 10:00 Morning Gratitude 10:30 Basketball 10:45 Bingo 11:30 Bio: Justin Verlander 1:00 <b>Cardio Drumming</b>	<b>17</b> 10:00 You Pick Music 10:30 Chair Yoga 11:00 <b>Tai Chi</b> 11:30 855 Education 1:00 Poetry Reading & Writing
<b>20</b> 10:00 Coffee & Conversation 10:30 Movement to Music 10:45 <b>Seafoam Art w/ Kim</b> 11:30 Bio: George Takei 1:00 Game Show Games	<b>21 Coney Island/AVON</b> 10:00 <b>Earth Day Party</b> 10:30 Chair Aerobics 10:45 <b>Seafoam Art w/ Kim</b> 11:30 Participant Rights Edu. 1:00 <b>Theo Spight/Bingo</b>	<b>22 Earth Party/Market Outing</b> 10:00 Nat'l Admin Day 10:30 You Pick Exercise 10:45 Infused Water Bar 11:30 Dementia Education 1:00 <b>Hustle w Sheri/Euchre</b>	<b>23 Craft Club</b> 10:00 Music & Mingle 10:30 Morning Stretches 10:45 Jeopardy/Family Feud 11:30 855 Education 1:00 Make Garden Decorations	<b>24</b> Arbor Day 10:00 Morning Gratitude 10:30 Ladder Golf/Cornhole 10:45 Jeopardy/Family Feud 11:30 Bio: William I of Orange 1:00 Make Garden Decorations
<b>27 Low Vision Group</b> 10:00 Music & Mingle 10:30 Chair Yoga 10:45 Conversation Starters 11:30 May Outing Sign-Up 1:00 <b>Annemarie Jo/Bingo</b>	<b>28 Gabe's Outing</b> 10:00 Morning Gratitude 10:30 Movement to Music 10:45 Travel: California 11:30 May Outing Sign-Up 1:00 Flowerpot Painting	<b>29 Baking Club</b> 10:00 You Pick Music 10:30 Chair Aerobics 10:45 Word Search Race 11:30 May Outing Sign-Up 1:00 Flowerpot Painting	<b>30</b> 10:00 History of Jazz 10:30 Movement to Jazz Music 10:45 Music Making Hour 11:30 Jazz Listening 1:00 Bingo	



Life Enrichment Therapists

Chelsea Roginski, CTRS: (248) 763-4611

Grace Smith, CTRS: (313) 701-6940