

# ADDvantage Center - Daily Activities

Phone: (614) 291-9411

## APRIL 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 * Relaxation/yoga * Healthy Living * Computer Club ----- * Weight Training YMCA *CDC * Cooking Class * In-house activity	2 * Games Club * Statehouse Visit- all day * Computer Club * Cooking Class (meal) ----- * YMCA (swimming) * Bowling-\$4.00 * Painting for Pleasure * Sewing	3 * Relaxation/yoga * Anger Management * Computer Club ----- * Jo-Ann Fabric - \$5 * Grocery Shopping * CDC * In-house activity	4 *Krema Nut Tour-P.M. only-Free *COSI-allday-bring lunch-\$3.50 *Cooking Class *In-House Activity	5
6	7 * Arts & Crafts * Book Club * Computer Club ----- * Library * Grocery Shopping * Walking Club * Party Planning/In-House	8 * Relaxation/yoga * Healthy Living * Computer Club ----- * Weight Training YMCA *CDC * Cooking Class * In-house activity	9 * Games Club * Leather Working * Computer Club * Cooking Class (meal) ----- * YMCA (swimming) * Bowling-\$4.00 * Painting for Pleasure * Sewing	10 * Relaxation/yoga * Anger Management * Computer Club ----- * Jo-Ann Fabric - \$5 * Grocery Shopping * CDC * In-house activity	11 * River Valley Mall -All day bring \$ for lunch and activity - \$15 *Pepsi Tour-P.M.only-Free *Cooking Class *In-House Activity	12
13	14 * Arts & Crafts * Book Club * Computer Club * Advisory council ----- * Library * Grocery Shopping * Walking Club * Party Planning/In-House	15 * Relaxation/yoga * Healthy Living * Computer Club ----- * Weight Training YMCA *CDC * Cooking Class * In-house activity	16 * Games Club * Leather Working * Computer Club * Cooking Class (meal) ----- * YMCA (swimming) * Bowling-\$4.00 * Painting for Pleasure * Sewing	17 * Relaxation/yoga * Anger Management * Computer Club ----- * Jo-Ann Fabric - \$5 * Grocery Shopping * CDC * In-house activity	18 *COSI-allday-bring lunch-\$3.50 *Nationwide Arena-P.M. only-Free *Cooking Class *In-House Activity	19
20	21 * Arts & Crafts * Book Club * Computer Club ----- * Library * Grocery Shopping * Walking Club * Party Planning/In-House	22 * Relaxation/yoga * Healthy Living * Computer Club ----- * Weight Training YMCA *CDC * Cooking Class * In-house activity	23 * Games Club * Leather Working * Computer Club * Cooking Class (meal) ----- * YMCA (swimming) * Bowling-\$4.00 * Painting for Pleasure * Sewing	24 BIRTHDAY CELEBRATIONS ----- * Jo-Ann Fabric - \$5 * Grocery Shopping * CDC * In-house activity	25 * Elam Environ Ctr @ Camp Ken - All day - \$7 * River Valley Mall -All day bring \$ for lunch and activity - \$15 *Cooking Class *In-House Activity	26
27	28 * Arts & Crafts * Book Club * Computer Club * Advisory council ----- * Library * Grocery Shopping * Walking Club * Party Planning/In-House	29 * Relaxation/yoga * Healthy Living * Computer Club ----- * Weight Training YMCA *CDC * Cooking Class * In-house activity	30 * Games Club * Leather Working * Computer Club * Cooking Class (meal) ----- * YMCA (swimming) * Bowling-\$4.00 * Painting for Pleasure * Sewing	*** ADDvantage Center reserves the right to move/swap activities &/or participants in activities to fulfill in-house & in-community ratios.  **** Please remember to bring the appropriate items (bowling ball, work-out clothes etc..) for each activity		