



April 2020



Monday

Tuesday

Wednesday

Thursday

Friday

davie county SENIOR Services

"NC Certified Senior Center of Excellence"

278 Meroney Street, Mocksville, NC 27028

336-753-6230

www.daviecountync.gov/seniorservices

1

Share a funny joke that makes you laugh!



2



shutterstock - 125009156

Nat'l Peanut Butter & Jelly Day

Upgrade your PB&J; add fruit! Strawberries, Blueberries & Bananas are healthy add-on's!

3

20 Minute Chair Exercise

<https://www.youtube.com/watch?v=azv8eJgoGLk>

6

Happy Birthday!

To all those born in April!

7 LET'S



1.0 Mile Happy Walk

https://www.google.com/search?q=1.0+mile+happy+walk+at+home&rlz=1C1GCEA_enUS895US895&oq=1.0+mile+happy+w&aqs=chrome.2.0j69i57j0l6.7378j0j4&sourceid=chrome&ie=UTF-8

8 National Zoo Lovers' Day
Take a virtual tour of the San Diego Zoo.

<https://zoo.sandiegozoo.org/live-cams>

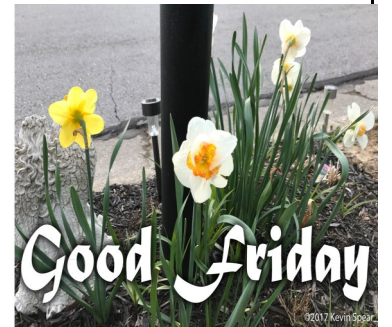


9

The Easter Bunny is hopping your way! Get those Easter eggs ready. Don't have food coloring? Use stickers, yellow onion skins and more

<https://theboatgalley.com/easter-eggs-natural-dyes/>

10



13 Take a virtual trip ...destination Paris, France home of the world's largest art museum.

<https://www.louvre.fr/en/visites-en-ligne>



14 Visit dailycaring.com for a "15 minute video for Balance & Strength"

<https://dailycaring.com/video-15-minute-senior-exercise-program-for-balance-and-strength/>

15 Classical Music

Watch the "2020 New Year Concert Vienna *Neujahrskonzert Wien* Concert Nouvel"

https://www.youtube.com/watch?v=JyLS_glrpK4

16

Write a story based on a childhood memory.

You can enter it in **Literary Arts.**

17 National Clean out your Medicine Cabinet Day.



20 Let's Dance
Gimme Some Lovin



<https://www.dailymotion.com/video/x30pwz1>

21 Movie Day!
Make some popcorn and watch a classic. Then call a friend and talk about it.



22 Happy Earth Day!
Take the Earth Day quiz

<https://www.proprofs.com/quiz-school/story.php?title=quiz-earth-day>

23 It's National Picnic Day! Have a picnic in your yard and enjoy the day!



24 Music anyone?

"Bohemian Rhapsody — Pentatonix"

<https://www.youtube.com/watch?v=ojRi2JK5oCl>

27

Clean out your refrigerator.

28



Write a poem or hikau. You can enter it in **Literary Arts.**

29

Get moving

"Great 20 minute exercise workout for beginners and Seniors"

with Jenny McClendon
<https://www.youtube.com/watch?v=7aHK2sgjBCM>



30

Take a Virtual Tour of the Great Barrier Reef

<https://www.travelandleisure.com/culture-design/tv-movies/david-attenborough-narrates-great-barrier-reef-virtual-tour>

