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| **April Purposeful Programming** | |
| **Neurobics**  A dynamic, interactive, 11-session memory enhancement course made in collaboration with Dr. Rob Winningham. In a fun and social environment, Neurobics+ directly challenges the memory of participants and stimulates brain activity through group discussions, interactive activities and Dr. Rob’s Cognitive Connections worksheets. | |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| **April 13th: National Scrabble Day** | * Play SCRABBLE free on [POGO](https://www.pogo.com/games/scrabble), pick another game or try out their daily sudoku puzzle. Test your skills against computer opponents or create a game with friends. * Discover the [History of Scrabble](https://scrabble.hasbro.com/en-us/history) and use it in your next trivia game. * Turn Scrabble into art! Find ideas [25 Cool Ways to Reuse Scrabble](https://www.pinterest.com/pin/70437474469486/) on Pinterest and purchase [scrabble tiles on Amazon](https://www.amazon.com/200PCS-Scrabble-Letters-Making-Crossword/dp/B085GKCY96/ref=asc_df_B085GKCY96/?tag=hyprod-20&linkCode=df0&hvadid=459532856119&hvpos=&hvnetw=g&hvrand=8670754578025532181&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9028791&hvtargid=pla-942279790700&psc=1). * Check out [Words with Friends Classic](https://play.google.com/store/apps/details?id=com.zynga.words&hl=en_US&gl=US) or [Words with Friends 2](https://play.google.com/store/apps/details?id=com.zynga.words3&hl=en_US&gl=US) and encourage residents and team members to play on teams. * Instead of a regular game of scrabble, try [Speed Scrabble](https://www.thegamegal.com/2016/01/28/speed-scrabble/)! |
| **April 22nd:**  **Earth Day** | * The Earth Day Network announced the theme for Earth Day 2021 is “**Restore Our Earth”**. Stay tuned for events and ideas from [NASA Earth Day 2021](https://science.nasa.gov/earth-day-2021) * Find out some interesting facts about the [History of Earth Day](https://www.earthday.org/history/) and sign up for [Earth Day 2021 Updates.](https://www.earthday.org/earth-day-2021/) * Find virtual ocean dives, movies, and activities to bring nature indoors and bring awareness to environmental problems from The United Nations Environment Programme (UNEP) [Stuck Inside? Ways to Bring Nature In](https://www.unenvironment.org/news-and-stories/story/stuck-inside-here-are-ideas-bring-nature). * TED Talk: [Nature.Beauty.Gratitude.](https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude?rid=YVDpGF0Sc37o&utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=watchNow#t-5671) Gather small groups of team members and residents to enjoy this 10-minute video and invite them to share a part of their stories. * Mandalas traditionally teach two principals, mindfulness and focus while creating the art. Create an *Earth Mandala* using these [Nature Madala instructions](https://www.wildlifetrusts.org/sites/default/files/2020-04/NATURE-MANDALA_0.jpg) while enjoying relaxing and reflective time in nature. * Use these [Floral Madala Coloring Pages](http://www.supercoloring.com/coloring-pages/arts-culture/mandala/floral-mandalas) to practice the two principles of mindfulness and focus. |
| **April 23rd: National Take a Chance Day** | * Learn about taking a chance from these well-known [Risk-Takers of History](https://www.argolimited.com/great-risk-takers-of-history/). * Encourage residents to use these [Fear of Failure Journaling Prompts](https://writingthroughlife.com/a-weeks-worth-of-journaling-prompts-fear-of-failure/) and schedule a time to share. * Book club option: Get inspired by Lu Ann Cahn’s book, [I Dare Me](https://www.amazon.com/Dare-Me-Rebooted-Recharged-Something/dp/B01L9D0OCK), in which she shares how her perspective on life was changed through a challenge to herself: she tried something she had never tried before every day for a year. * TED Talk: [The Power of Vulnerability by Brene Brown](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare) * Articles:   + [I Want to be Social but People Are Scary](https://mymasterpieceliving.com/resource/i-want-to-be-social-but-people-are-scary-particularly-during-a-pandemic/) by Danielle Palli   + [Finding Your Un-Comfort Zone](https://mymasterpieceliving.com/resource/finding-your-un-comfort-zone/) by Dr. Roger Landry |
| **April 29th: International Dance Day** | * Learn dances from around the world:   + [Five Best Dances from Around the World](https://www.lonelyplanet.com/articles/best-dances-from-around-the-world).   + [Travel the World Through These Dance Tutorials](https://www.nytimes.com/2020/07/25/travel/cultural-dances-tutorials.html) * Get everyone inspired to learn a new or teach a dance they already know from [The Most Popular Dance the Year You Were Born.](https://www.insider.com/most-popular-dance-the-year-you-were-born-2019-4#2006-the-chicken-noodle-soup-dance-34) From the Charleston in 1923, the Conga Line in 1942 or 1958 Hand Jive to 1989 Electric Slide or try your luck with the Floss! * [Six recorded Sessions of MOVEMENT SPEAKS®](http://www.dvpnyc.org/free-access-videos/). This is the core program of dances for a variable population created and developed by Naomi Goldberg Haas. Each video is about an hour. * As it gets closer to April, check out the free online classes from Senior Planet. [Free Online Wellness Classes from Senior Planet.](https://seniorplanet.org/virtual-fitness-wellness-events/) * Pick a movie and have residents share their favorite dance memory:   + [7 Best Dance Movies in Classic Cinema](https://poweredbyorange.com/7-best-dance-movies-in-classic-cinema/) |