
















# KDC Activities – April 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>18<sup>th</sup></b></p> 	<p><b>19<sup>th</sup></b></p> <p>11AM: Yoga Exercise Activity RM</p>  <p>2 PM: Pottery</p> 	<p><b>20<sup>th</sup></b></p> <p>11AM: Dance West</p> <p>2PM: Creative Activity on iPad with Tommy</p> 	<p><b>21<sup>st</sup></b></p> <p>11:AM Breathing Exercise &amp; Mindful Movements with Reena</p>  <p>2PM: Pottery/Painting– Activity RM</p>	<p><b>22<sup>nd</sup></b></p> <p>11:AM Dance West</p>  <p>2PM: arts and Craft</p> 
<p><b>25<sup>th</sup></b></p> <p>AM: Dance West 11AM</p> <p>2 PM: Afternoon Tea</p> 	<p><b>26<sup>th</sup></b></p> <p>11AM: Yoga Exercise- Activity RM</p>  <p>2 PM: Pottery– Activity RM</p> 	<p><b>27<sup>th</sup></b></p> <p>11AM: Dance West</p> <p>2PM: Creative Activity on iPad with Tommy</p> 	<p><b>28<sup>th</sup></b></p> <p>Breathing Exercise &amp; Mindful Movements with Reena – 11:AM</p>  <p>2PM: Pottery/Painting</p> 	<p><b>29<sup>th</sup></b></p> <p>11AM Steady and Stable Exercise</p>  <p>2PM: Arts and Craft</p> 

**Lunch and Refreshments are available in the Café**