

Monday

Tuesday

Wednesday

Thursday

Friday

ELDERDAY ADHC April 2026

501 Main St. Watsonville, CA 95076 (831) 458-3481

10:00-Fancy a CUPPA? 6
11:00-☺ TAI CHI with IRO ☺
11:00-Women's Group
1:00-Good O' Days Reminiscing
1:00- **BINGO**
1:45-Mega-Mall Shopping

10:00-Java Junction 7
11:00-Catch-Up with Larisa
11:00- Words & Watercolor With Bhavya
1:00-Puzzle Projects @RR
1:00-TRIVIA MIX & MINGLE
1:15-PUTTING Green Practice

10:00-Sip & Savor 8
11:00-☺ TAI CHI with IRO ☺
11:00-Crafting Corner
1:00-Dealer's Choice @RR
1:00- **LOTERIA**
1:45-Open Your BINGO Buck\$ Wallet!

10:00-Café y Compañía 9
11:00- Men's Group
11:00-BINGO \$STORE \$ALE
1:00-HOOPS @RR
1:00-**KARAOKE Lounge**
1:15-Hand Spa @Gym

10:00-News & Coffee Brews 10
11:00- **Catholic Mass with Fr. Robert**
11:00-GOOD NEWS NETWORK!
1:00-Gentle Guitar with Will
1:00-Entre Líneas y Cuentos
1:15-**NOT**beer PONG GAMES

10:00-Perk UP! 13
11:00-☺ TAI CHI with IRO ☺
11:00-Crafting Corner
1:00-Stroll Down Memory Lane
1:00- LIVE MUSIC @Majel's Place With **"LOS PRIMOS"**

10:00- *Cafecito y Chismecito* 14
11:00-Men's Group
11:00-Words & Watercolor
1:00-Gentle Guitar with Will
1:00-Movie Matinee: *La La Land*
1:15-**BOWL-a-RAMA**

10:00-**BEAN** There, Drank That 15
11:00-☺ TAI CHI with IRO ☺
11:00-TOTALMENTE TRIVIA
1:00-Captain's Call @RR
1:00- **LOTERIA**
1:45-BINGO BUCK\$ TREASURE SHOPPING

10:00-Coffee Cozy Corner 16
11:00-**Prayer Circle with Elena**
11:00-Catch-Up with Larisa
1:00-Crafting Corner
1:00-**NOT**beer Pong @RR
1:00- The PLOT TWISTERS Group
1:15- **DISCO FEVER**

PAJAMA PARTY 17
11:00-Grupo de Mujeres
11:00- **TRUTH or DARE**
Games & GHOST STORIES
1:00-Puzzle Projects @RR
1:00- **BINGO**

10:00- TÉ-rapia Social 20
11:00-☺ TAI CHI with IRO ☺
11:00-Grupo de Hombres
1:00-Golden Story Tellers @RR
1:00- **BINGO**
1:45-\$pend The BINGO BUCK\$

10:00-Morning Mingle 21
11:00-Catch-Up with Larisa
11:00-Words & Watercolor
1:00-Puzzle Projects @RR
1:00-Relaxation Station
1:15-Airmchair Travel: Fun in FLORIDA

10:00-**BREWED** Awakenings 22
11:00-☺ TAI CHI with IRO ☺
11:00- Armchair Travel: Fun in FLORIDA
1:00-Player's Pick @RR
1:00- **LOTERIA**
1:45-BINGO Buck\$ \$pending

10:00-The CUPPA Club 23
11:00-**Prayer Circle with Elena**
11:00-The Optimist Daily
1:00-Table Bowling @RR
1:00-**Ballet Folklorico**
1:15-Hand Spa @Gym

10:00-One Lump or Two? 24
11:00-Women's Group
11:00-Watercolor Expressions
1:00-Gentle Guitar with Will
1:00-**WHEEL-of-FORTUNE**
1:15-CORN HOLE CLASSIC
1:30-**BIRTHDAY CELEBRATION**

10:00-Vintage **BREW**Crew 27
11:00-☺ TAI CHI with IRO ☺
11:00-Grupo de Mujeres
1:00-Back In the Day @RR
1:00- **BINGO**
1:45-CA\$H OUT BINGO BUCK\$

dientes COMMUNITY DENTAL 28
10:00-Coffee & Catch-Up
11:00-Words & Watercolor
11:00-Crafty Creatives
1:00-Puzzle Projects @RR
1:00- **MUSICAL MEMORIES** with Juan Carlos

Spring Fling & Fashion Show 29
10:00-Let's Spill the TEA
11:00-☺ TAI CHI with IRO ☺
11:00- **Make Overs & Portraits**
1:00- **SUPERMODELS on the RUNWAY**

10:00-Snack & Chat 30
11:00-**Prayer Circle with Elena**
11:00-Armchair Travel: Meet Me In Massachusetts
1:00-Memory Games @RR
1:00-**LOTERIA**
1:45-BINGO \$STORE SHOPPING

ELDERDAY
ADULT DAY HEALTH CARE
COMMUNITY BRIDGES
PUENTES DE LA COMUNIDAD



To Cancel Transportation to Elderday Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE

MENU
LUNCH IS SERVED AT 12pm DAILY

 APRIL 2026 ELDERDAY MEALS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Crab Cakes w/ Lemon Vegetables Spinach Salad Pesto Noodles WW Roll/Butter 1% Milk	2 Egg salad Sandwich Minestrone Soup Mixed Green Salad w/ Peppers WW Bread 1% Milk	3 Chicken Breast Carrots Spring Salad Rice Stuffing WW Roll/Butter 1% Milk
6 Savory Casserole Cali Mixed Vegetables Mixed Green Salad WW Roll/Butter 1% Milk	7 Split Pea Soup Quinoa Vegetable Salad Spinach Salad w/ Mandarin WW Bread/Butter WW Crackers 1% Milk	8 Turkey Mole Garden Vegetables Romaine Salad Spanish Rice Corn Tortilla 1% Milk	9 Sweet & Sour Chicken Zucchini Napa Cabbage Salad Brown Rice Graham Crackers 1% Milk	10 Crab Crepe Lentil Salad Mixed Green Salad WW Roll/Butter 1% Milk
13 Spaghetti & Meatballs Broccoli Romaine Salad WW Roll/Butter 1% Milk	14 Turkey Salad Sandwich Cream of Broccoli Soup Mixed Salad w/ Carrots WW Bread 1% Milk	15 BBQ Chicken Thigh Cauliflower au Gratin Sautéed Greens Brown Rice Pilaf WW Roll/Butter 1% Milk	16 Shrimp Pasta Salad Mexican Vegetable Soup Fiesta Cabbage Salad WW Roll/Butter 1% Milk	17 Lentil Soup Vegetable Coucous Salad Spinach Salad w/ WW Roll/Butter 1% Milk
20 Salisbury Steak Mashed Potatoes Spinach Salad w/ Peppers WW Bread/Butter Graham Crackers 1% Milk	21 Chicken Fajitas Refried Beans Romaine Salad Spanish Rice Tortilla 1% Milk	22 Vegetarian Chili Cauliflower Green Salad Cornbread 1% Milk	23 Quiche Roast Potatoes Romaine Salad w/ Kidney Beans WW Oat Muffin 1% Milk	24 Fish Sticks Sweet Potato Coleslaw w/ Carrots WW Bread w/ Butter SF Birthday Cake 1% Milk
27 BBQ Pork Mashed Potatoes Coleslaw WW Bread/ Butter Graham Crackers 1% Milk	28 Mexican Stew Corn w/ Peppers Mixed Green Salad Mexican City Rice Corn Tortilla 1% Milk	29 Chicken Caesar Salad Minestrone Soup Romaine Salad w/ Carrots WW Roll/Butter WW Crackers 1% Milk	30 Vegetarian Lasagne Zucchini Caesar Salad w/ Egg WW Roll/Butter 1% Milk	

USEFUL PHONE NUMBERS

- 📞 EMERGENCY RESPONSE → **9-1-1**
(POLICE • FIRE • AMBULANCE)
- 📞 WATSONVILLE POLICE DEPARTMENT
NON-EMERGENCY → (831) 471-1151
- 📞 SANTA CRUZ POLICE DEPARTMENT
NON-EMERGENCY → (831) 471-1131
- 📞 SANTA CRUZ COUNTY SHERIFF
OFFICE → **(831) 471-1121**
- 📞 ANIMAL CONTROL → **(831) 454-7224**
(SANTA CRUZ COUNTY)
- 📞 PG&E HELP CENTER → **1-800-660-6789**
(PACIFIC GAS & ELECTRIC)
- 📞 CITY OF WATSONVILLE UTILITIES
OFFICE → **(831) 738-3133**
- 📞 SANTA CRUZ MUNICIPAL UTILITIES
OFFICE → **(831) 420-5220**
- 📞 MY DOCTOR → _____
- 📞 MY DENTIST → _____
- 📞 MY EMERGENCY CONTACT → _____