



# April 2026

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
|  <p>Dispatch: 907-644-0480x1<br/>Activities: 907-644-0480x4</p>  |  | <p>XL Maze 1</p> <p>National Greeting Card Day<br/>Paper Tube Easter bunny and Hedgehog<br/>Target Day 1</p>  | <p>Chair Yoga 2</p> <p>National Walking Day<br/>Easter Birdie Hanging<br/>Target Day 2<br/>River Song Music Therapy:<br/>Lodge 9:45a-10:45a<br/>LifeWorks # 1 12:00p-1:00p</p>                | <p>In-Door Baseball 3</p> <p>Nat'l Find A Rainbow Day<br/>Pine cone bunnies/Easter Egg Hunting<br/>Kaladi w/small drink</p> |
| <p>Fly Swatter Balloon Ball 6</p> <p>National Library Day<br/>Sparkly Butterfly<br/>Salvation Army 10am<br/>River Song Music Therapy:<br/>LifeWorks # 1 9:45a-10:45a<br/>Lodge 12:00p-1:00p</p>            | <p>Cupid Shuffle 7</p> <p>International Beaver Day<br/>Wildflower on Majestic<br/>Mountain Painting<br/>Cuddy Park</p> | <p>Ring Toss 8</p> <p>National Zoo Lover's Day<br/>Paper Plate Weaving<br/>Ace Hardware<br/>Elder Endeavors 1:30-3:30</p>   | <p>Bucket Ball 9</p> <p>National Unicorn Day<br/>Pipe Cleaner Snails<br/>Starbucks w/small drink<br/>River Song Music Therapy:<br/>Lodge 9:45a-10:45a<br/>LifeWorks # 1 12:00p-1:00p</p>      | <p>Chair Boxing 10</p> <p>National Siblings Day<br/>Hen Garland<br/>Center Bowl*</p>  |
| <p>Ladder Ball 13</p> <p>National Silly Earrings Day<br/>Shrinky Dink Day 1<br/>Red Apple<br/>River Song Music Therapy:<br/>LifeWorks # 1 9:45a-10:45a<br/>Lodge 12:00p-1:00p</p>                          | <p>Roll the Balls 14</p> <p>National Gardening Day<br/>Shrinky Dink Day 2<br/>Drive Thru w/small drink</p>             | <p>Corn Hole 15</p> <p>Take A Wild Guess Day<br/>DIY Bookmark<br/>Dena'ina Center Native Artist Show</p>  | <p>Shuffle Board 16</p> <p>National Orchid Day<br/>Orchid Painting<br/>Anchorage Museum<br/>River Song Music Therapy:<br/>Lodge 9:45a-10:45a<br/>LifeWorks # 1 12:00p-1:00p</p>               | <p>Choose the Pattern 17</p> <p>National High Five Day<br/>Caterpillar Bracelet<br/>Potter Valley w/Hot Chocolate</p>       |
| <p>Toss Across 20</p> <p>National Look-Alike Day<br/>Clay Flower Pot Wind Chime Houses<br/>Bass Pro Shop<br/>River Song Music Therapy:<br/>LifeWorks # 1 9:45a-10:45a<br/>Lodge 12:00p-1:00p</p>           | <p>Indoor Basket ball 21</p> <p>National Tea Day<br/>Tea Taste Test<br/>Beluga Point<br/>Center Bowl-pm</p>            | <p>XL Maze 22</p> <p>International Earth Day<br/>Umbrella Sprouting Flowers<br/>New Sagaya w/small drink</p>  | <p>Chair Yoga 23</p> <p>World Book Day<br/>Think Outside the Box<br/>Thursday<br/>907 Overstock (10a)<br/>River Song Music Therapy:<br/>Lodge 9:45a-10:45a<br/>LifeWorks # 1 12:00p-1:00p</p> | <p>Dance Party 24</p> <p>Nat'l Pigs in a Blanket Day<br/>Pistachio Shell Flowers<br/>Circle K<br/>Bingo</p>                 |
| <p>Parachute Ball 27</p> <p>National Tell A Story Day<br/>Books and Flowers Painting<br/>Sonic w/small drink (10A)<br/>River Song Music Therapy:<br/>LifeWorks # 1 9:45a-10:45a<br/>Lodge 12:00p-1:00p</p> | <p>Chair Boxing 28</p> <p>Nat'l Blueberry Pie Day<br/>Science Tuesday<br/>Scenic View Drive</p>                        | <p>Catch the Hanger 29</p> <p>International Dance Day<br/>Popsicle Stick Flower Holder<br/>Value Village</p>  | <p>Shake the Balls Out 30</p> <p>National Tie Dye Day<br/>Tie Dye Bucket Hats<br/>Library*<br/>River Song Music Therapy:<br/>Lodge 9:45a-10:45a<br/>LifeWorks # 1 12:00p-1:00p</p>            | <p>w/=At LifeWorks Expense<br/>@=At Members Expense<br/>*=Sack Lunch</p>  |

# LifeWorks April Menu 2026



| Monday                                    | Tuesday   | Wednesday                                    | Thursday                                    | Friday                                     |
|---|---|--|---|--|
|   |   | 1  | 2   | 3  |
|   |   | German Sausage<br>Spaetzle<br>Cabbage        | Chicken and Biscuits<br>Salad<br>Fruit      | Easter Feast                               |
|   |   | Cheese and Crackers                          | Chocolate Trifle                            | Bread Pudding                              |
| 6   | 7   | 8  | 9   | 10 Sack Lunch                              |
| Breakfast Scramble<br>Fruit               | Spaghetti & Meatballs<br>Garlic Bread<br>Salad              | Beef Stroganoff<br>Rosemary Bread<br>Salad   | Carolina Pulled Pork<br>Coleslaw<br>Rolls   | Meatloaf<br>Mashed Potatoes<br>Corn        |
| Chocolate Pudding                         | No Bake Cookies   | Smoked Salmon Dip                            | Fruit Salad                                 | Zucchini Bread                             |
| 13  | 14  | 15   | 16  | 17   |
| Beef Tacos<br>Pinto Beans<br>Mexican Rice | Chicken Noodle Soup<br>Baked Potatoes<br>W/ All The Fixin's | Shepherd's Pie<br>Salad<br>Fruit             | Meatloaf Sandwich<br>Tater Tots<br>Fruit    | Baked Chicken<br>Cheddar Grits<br>Salad    |
| Banana Pudding and Nillas                 | Ambrosia Salad  | Peanut Butter Cookies                        | Spinach Dip                                 | Banana Bread                               |
| 20  | 21  | 22   | 23  | 24   |
| Chicken Cordon Bleu<br>Casserole<br>Salad | Chicken Menudo<br>Rice<br>Fruit                             | Black Bean Chili<br>Cornbread<br>Salad       | Pot Roast<br>Mashed Potatoes<br>Green Beans | Build Your Own Sandwich.<br>Chips<br>Fruit |
| Caramel Corn                              | Rice Krispie Treats   | Jell-O                                       | Apple Sauce and Grahams                     | Cottage Cheese and Fruit                   |
| 27  | 28  | 29   | 30 Sack Lunch                               |  |
| Chicken Adobo<br>Broccoli<br>Rice         | Butter Chicken<br>Rice<br>Veggies                           | Grilled Cheese<br>Tomato Basil Soup<br>Fruit | Lasagna<br>Garlic Bread<br>Salad            |  |
| Artichoke Parmesan Dip                    | Vanilla Pudding   | P.B.&J                                       | Brownies                                    |  |

