

MERIT Centre South

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 April Fool's Day</p> <p>8 AM Stained Glass Easter Eggs</p> <p>9AM Felt Eggs</p> <p>10 AM Floyd's Senior Moments – Prairie Haven Farm with Marcie O'Connor</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Sing- a-long with Emma Blank @ MCS (MCN will join)</p> <p>1:30 PM Snack</p> <p>2 PM Bean Bag Toss</p> <p>3 PM Puzzles</p>	<p>2 World Autism Day</p> <p>8 AM Easter Egg Potato Stamps</p> <p>9AM Paper Plate Bunnies & Chicks</p> <p>10 AM He Is Risen Cardboard Cross</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Music Café – Tom Barker & Len Soller</p> <p>1:30 PM Snack</p> <p>2 PM Flyswatter Volleyball</p> <p>3 PM Reading Conversation Cards</p>	<p>3 Chocolate Mouse Day</p> <p>8 AM Make No Bake Bird's Nest Cookies</p> <p>9AM Stuff Easter Eggs for scavenger Hunt</p> <p>10 AM Chad Erickson Memorial Park - Home to a 1-mile easy nature trail and the 0.4-mile Vietnam Veterans Pond Loop.</p> <p>11 AM Eggs-ercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Easter Party Easter Egg Scavenger Hunt</p> <p>1:30 PM Snack</p> <p>2 PM Noodle Ball</p> <p>3 PM Skill-building: Folding Laundry</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Pajama Day 8 AM Coffee & Birdwatching 9AM Wii Bowling 10 AM Monday Mornings @ Main - Six Pillars of Brain Health with AARP Wisconsin 11 AM Exercise 11:30 AM Lunch 12:30 PM Painting Wooden Birdhouses 1:30 PM Snack 2 PM Teamwork Ball drop Game 3 PM Puzzles	7 World Health Day 8 AM Coffee & Birdwatching 9AM Blowing Bubbles Outside 10 AM Tape on wall/Paper Plate Connect 4 11 AM Exercise 11:30 AM Lunch 12:30 PM Riverside Park – Friendship Gardens 1:30 PM Snack 2 PM Newspaper Shuffle Races 3 PM Short Stories	8 Zoo Lover’s Day 8 AM Coffee & Birdwatching 9AM Baking Peanut Butter Cookies 10 AM Floyd’s Senior Moments – From Draft Notice to Discharge, 1951-1953 with John Dudkiewicz 11 AM Exercise - YouTube walking 11:30 AM Lunch 12:30 PM Easter Activity with Allison 1:30 PM Snack 2 PM Balloon Basketball (use pool noodles, sit in circle, hit balloon into center basket) 3 PM Sharing Life Stories	9 Unicorn Day 8 AM Coffee & Birdwatching 9AM Pool Noodle Table Hockey 10 AM Indoor Gardening 11 AM Exercise 11:30 AM Lunch 12:30 PM Music Café – Driftless River Band 2:30 PM Snack 3 PM Trivia	10 Erase Self Negativity Day 8 AM Coffee & Birdwatching 9AM Phase 10 10 AM Shopping @ Ollie’s 11 AM Exercise 11:30 AM Lunch 12:30 PM Wheel Of Fortune Game 1:30 PM Snack 2 PM Positive Affirmations 3 PM Skill-building: Folding Laundry

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13</p> <p>Scrabble Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Scrabble</p> <p>10 AM Monday Mornings @ Main – Mayo Clinic Peregrine Falcon Program with Jackie Fallon</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Swing it, aim it, knock it down! Those cups don't stand a chance!</p> <p>1:30 PM Snack</p> <p>2 PM Ker-Plunk!</p> <p>3 PM Skill-building: Wiping Tables</p>	<p>14</p> <p>Gardening Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9 AM Blowing Bubbles Art</p> <p>10 AM Flower Shop</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Plant Spring Flowers, Herbs, Vegetables in raised garden bed</p> <p>1:30 PM Snack</p> <p>2 PM Fish Bowl Game (describe the word written on the card without saying the word)</p> <p>3 PM Skill-building: Sorting Colored Buttons</p>	<p>15</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Describe the</p> <p>10 AM Floyd's Senior Moments – Fox Folk Marionettes with Dave Payne</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM The Umbrella Game (fill an opened umbrella with 6 balloons, use nerf gun to shoot balloons out)</p> <p>1:30 PM Snack</p> <p>2 PM Color Cup Matching Challenge</p> <p>3 PM Nature Watching</p>	<p>16</p> <p>High Five Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Headbandz Game</p> <p>10 AM Toss the Bean Bag @ the Ball to make it to the goal</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Creation Space</p> <p>1:30 PM Snack</p> <p>2 PM Human Slot Machine Game</p> <p>3 PM Skill-building: Wiping Tables</p>	<p>17</p> <p>Ford Mustang Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Taboo: You have to get your team to guess a word, but there is a list of "forbidden" related words you aren't allowed to say.</p> <p>10 AM Dahl Auto Museum</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Who Am I? game featuring famous figures born in April</p> <p>1:30 PM Snack</p> <p>2 PM Pool Noodle Fishing</p> <p>3 PM Skill-building: Folding Laundry</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</p> <p>Look Alike Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Cornhole</p> <p>10 AM Monday Mornings @ Main – Wisconsin Circus Legends and Lore with Chad Lewis</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Game Guy @ MCS (MCN will Join)</p> <p>1:30 PM Snack</p> <p>2 PM Roll The Dice Cup Challenge</p> <p>3 PM Skill-building: Wiping Tables</p>	<p>21</p> <p>Keep off the Grass Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM High-Low Card Game</p> <p>10 AM Name That Song Bingo</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM The Nature Place</p> <p>1:30 PM Snack</p> <p>2 PM Spaghetti – Marshmallow Tower Building Competition</p> <p>3 PM Puzzles</p>	<p>22</p> <p>Earth Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Destroy the Cup Tower with Balloons</p> <p>10 AM Floyd’s Senior Moments – Feeding the Titanic with Jackie Bartz</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Activity with Allison</p> <p>1:30 PM Snack</p> <p>2 PM Don’t Touch the Color We Say Challenge: Paper Game</p> <p>3 PM Skill Building: Folding Laundry</p>	<p>23</p> <p>Picnic Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Coin Toss Challenge</p> <p>10 AM Valley View Mall</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Toss and Talk</p> <p>1:30 PM Snack</p> <p>2 PM Dominoes</p> <p>3 PM Skill Building Wiping Tables</p>	<p>24</p> <p>Scream Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Therapeutic Screaming - "let it all out" in a safe, controlled environment, such as screaming into a pillow or participating in a group "howl"</p> <p>10 AM Veteran’s Freedom Park (across from Coplenad Park)</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Outdoor Scavenger Hunt</p> <p>1:30 PM Snack</p> <p>2 PM Blind Color Match Challenge</p> <p>3 PM Skill-building: Folding Laundry</p>

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<p>27</p> <p>Babe Ruth Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Card Making</p> <p>10 AM Monday Mornings @ Main – The Lake Mendota Canoe Conundrum, Amy Rosebrough & Bill Quackenbush</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>1 PM Interactive Drumming Circle @ MCN (MCS will join)</p> <p>1:30 PM Snack</p> <p>2 PM Wave the paper plate back and forth to move the ball on table in the basket</p> <p>3 PM Skill-building: Wiping Tables</p>	<p>28</p> <p>Superhero Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Stamping</p> <p>10 AM Houska Dog Park</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Outdoor Canvas Painting</p> <p>1:30 PM Snack</p> <p>2 PM Plinko</p> <p>3 PM Puzzles</p>	<p>29</p> <p>Dance Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Sorry</p> <p>10 AM Floyd’s Senior Moments – Cheyenne Valley with Kevin and Patsy Alderson</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Move it like this & Shake it like that (fill tissue boxes with small balls and shake them out of the box)</p> <p>1:30 PM Snack</p> <p>2 PM “Back Drawing Telephone” (last person decides what to draw on person’s back. Person copies what they feel on person ahead of them)</p> <p>3 PM Skill-Building: Folding Laundry</p>	<p>30</p> <p>Jazz Day</p> <p>8 AM Coffee & Birdwatching</p> <p>9AM Dominoes</p> <p>10 AM See how many Ping Pong Balls you can get into Colorful Cups</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Dairy Queen</p> <p>1:30 PM Snack</p> <p>2 PM ladder ball</p> <p>3 PM Short Stories</p>	

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MCS Participant Birthdays:

Shirley K – April 20th

Dear Participant/ Family & Friends,

Below are the outings in March where participants may wish to spend money to purchase items for themselves. As a reminder, bringing money is optional, and attending these outings is not required.

- Friday April 10th – Shopping @ Ollie's
- Tuesday April 14th – Flower Shop
- Thursday April 23rd – Valley View Mall
- Thursday April 30th – Dairy Queen

Thank you,

Sheila Juricic - Merit Centre Director

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