

APRIL 2019 ACTIVITY CALENDAR

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10:00 THRIFT SHOP OPEN	9:15 BINGO	9:45 APR. 3, 10, 17, 24 CONVERSATION TABLE W/ BETTY	9:15 BINGO	10:00 DANCE AEROBICS
10:00 DANCE AEROBICS	9:30 PROJECT CARE FREE SCREENINGS FOR BLOOD PRESSURE BLOOD SUGAR BLOOD OXYGEN WEIGHT	10:00 OSTEO EXERCISE W/ CHARLENE	9:45 FAN FOOD APR. 11	10:30 ZUMBA GOLD
10:30 SIT & STRETCH		10:30 DANCE AEROBICS		10:30 SIT & STRETCH W/ CLAIRE !!
10:30 ZUMBA GOLD				
1:00 LINE DANCING	9:00 TO 12:30 APR. 16TH SR. ADVOCATE FRANK MASTERSON	11:00 - 12:00 CHAIR YOGA MAR. 6, 13, 20, 27 IN BINGO ROOM	<u>WALMART TRANSPORT</u> APR. 4, 11, 18, 25 FOR TRANSPORT SIGN UP IN OFFICE ON MONDAY FOR EACH WEEK	<u>NO PARTY IN APRIL</u>
	10:00 CHAIR ZUMBA W/ IRINA	11:45 APRIL 24TH SPEAKER NUTRITION ED IN DINING ROOM		
	1:00 APRIL 9TH <u>SPEAKER/MEDICARE</u> IN AUDITORIUM	12:00 MAR. 10TH & 24TH CAREGIVER SUPPORT GROUP & LUNCH W/ BETTY		
<u>DO YOU KNOW A SENIOR WHO WOULD LIKE A FRIENDLY PHONE CALL ?</u> <u>JOIN OUR "SKIT" PROGRAM "SENIORS KEEPING IN TOUCH" AND YOU WILL RECEIVE A FRIENDLY HELLO MONDAY THRU FRIDAY</u>	<u>ARE YOU 60 YEARS OLD OR ABOVE?</u> <u>DON'T FEEL LIKE MAKING A MEAL?</u> <u>COME TO THE CENTER FILL OUT A REGISTRATION CARD AND HAVE A NOON TIME MEAL WITH US AT THE SENIOR CENTER</u>			

