

April

MON

TUE

WED

THU

FRI

8:30 Footcare Appt **1**
 9:00 Yoga
 9:15 Bowling @ the Hook
 10:00 Card Creators
 10:00 Chat with the Chiefs
 11:30 Lunch
 1:00 Stepping On
 1:30 Cribbage
 3:00 Tech appointments

2
 8:30 Benefit Specialist
 9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 1:00 Sheepshhead

3
 8:30 Quilting
 9:00 BINGO Brunch
 9:00 Yoga
 11:30 Lunch
 1:00 Book Club

8:30 Committee on **6**
 Aging
 9:00 Yoga
 9:00 Cardio Drumming
 10:00 Fitness Fun
 10:00 Bridge Club
 11:30 Lunch
 12:00 Footcare Appts
 1:00 Everything Must Go

7
 8:00 Golf Simulator
 8:30 Footcare Appts
 9:15 Simply Seniors
 9:30 Mahjong
 10:30 Arthritis Exercise
 11:30 Lunch
 1:00 BINGO
 1:00 Dominoes

8:30 Footcare Appt **8**
 9:00 Yoga
 9:15 Bowling @ the Hook
 10:00 Card Creators
 10:00 Tech class
 11:30 Lunch
 1:00 Stepping On
 1:30 Cribbage
 1:30 Chair Massage appts.
 3:00 Tech appointments

9
 8:30 Footcare Appts.
 9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 1:00 Sheepshhead
Friends Meeting @ 10

10
 8:30 Quilting
 9:00 BINGO Brunch
 9:00 Yoga
 11:30 Lunch
**Creation Station
 Deadline**

9:00 Yoga **13**
 9:00 Cardio Drumming
 10:00 Fitness Fun
 10:00 Bridge Club
 11:30 Lunch
 12:00 Footcare Appts
 1:00 Movie: Freedom
 Writers

8:00 Golf Simulator **14**
 8:30 Footcare Appts
 9:15 Simply Seniors
 9:30 Mahjong
 10:30 Arthritis Exercise
 10:30 BP Screening
 11:30 Lunch
 1:00 BINGO
 1:00 Dominoes
Cork & Canvas @5

8:30 Footcare Appt **15**
 9:00 Yoga
 9:15 Bowling @ the Hook
 10:00 Card Creators
 11:30 Lunch
 1:00 Stepping On
 1:30 Cribbage
 3:00 Tech appointments

16
 8:30 Footcare Appts.
 9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 11:30 Red Hattitudes
 1:00 Sheepshhead

17
 8:30 Quilting
 9:00 BINGO Brunch
 9:00 **NO Yoga**
 11:30 Lunch

9:00 **NO Yoga** **20**
 9:00 Cardio Drumming
 10:00 Fitness Fun
 10:00 Bridge Club
 11:30 Lunch
 12:00 Footcare Appts
 1:00 Movie: Indiana Jones:
 Raiders of the Lost Ark

8:00 Golf Simulator **21**
 8:30 Footcare Appts
 9:15 **NO Simply Seniors**
 9:30 Mahjong
 10:30 **NO Arthritis Ex.**
 11:30 Lunch
 1:00 BINGO
 1:00 Dominoes

8:30 Footcare Appt **22**
 9:00 **NO Yoga**
 9:15 Bowling @ the Hook
 10:00 Card Creators
 10:00 Tech class
 11:30 Lunch
 1:00 Stepping On
 1:30 Cribbage
 1:30 Chair Massage appts.
 3:00 Tech appointments

23
 9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 1:00 Sheepshhead
 1:30 Legal Appts

24
 8:30 Quilting
 9:00 BINGO Brunch
 9:00 **NO Yoga**
 11:30 Lunch
**TRIAD DRUG TAKE
 BACK 10-2**
 Creation Station Pick up

9:00 **NO Yoga** **27**
 9:00 Cardio Drumming
 10:00 Fitness Fun
 10:00 Bridge Club
 11:30 Lunch
 12:00 Footcare Appts
 1:00 Movie: Blue Moon
 1:00 Stepping up your
 Nutrition

8:00 Golf Simulator **28**
 8:30 Footcare Appts
 9:15 **NO Simply Seniors**
 9:30 Mahjong
 10:30 **NO Arthritis Ex**
 11:30 Lunch
 1:00 BINGO
 1:00 Dominoes

29
 8:30 Footcare Appt
 9:00 **NO Yoga**
 9:15 Bowling @ the Hook
 10:00 Card Creators
 11:30 Lunch
 1:00 Cardio Drumming
 1:30 Cribbage
 3:00 Tech appointments

30
 9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 1:00 Sheepshhead

Classes cancelled due to Heart-a-rama

Call 920-793-5596 to sign up for classes and activities today!