

Empowering Seniors

April Activity Calendar 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tai Chi 9a Aerobics 11a Make It Monday's 1p	2 Quilting 10a Music 11a <i>Alzheimer's Group</i> 1130a Walking Club 12:30p	3 Exercise 11a Puzzle Club 1p Bingo 2p	4 Tai Chi 9a Music 11a Bible Study 1p Bingo 2p	5 Line Dancing 10a Exercise 11:30a Social Hour/Movie 1p Only Angel have Wings Bingo 2p
8 Tai Chi 9a Nutrition Class 10a Aerobics 11a Make It Monday's 1p	9 Quilting 10a Music 11a Walking Club 12:30p	10 Exercise 11a <i>Workshop Wed:</i> <i>"Senior Safety" –</i> <i>Officer Bradley 1p</i> Puzzle Club 1p Bingo 2p	11 Tai Chi 9a Music 11a Bible Study 1p Bingo 2p	12 Line Dancing 10a Exercise 11:30a Social Hour 1p Bingo 2p
15 Tai Chi 9a Nutrition Class 10a Aerobics 11a Make It Monday's 1p Derby Hats!	16 Quilting 10a Music 11a Karaoke – 12p Walking Club 12:30p	17 Exercise 11a Puzzle Club 1p Bingo 2p	18 Tai Chi 9a Central District Women's Ministry 10:30a Music 11a Bible Study 1p Bingo 2p	19 Line Dancing 10a Exercise 11:30a Social Hour/Movie 1p All That Jazz Bingo 2p
22 Tai Chi 9a Nutrition Class 10a Aerobics 11a Make It Monday's 1p Derby Horses!	23 Quilting 10a Music 11a Walking Club 12:30p	24 Exercise 11a Puzzle Club 1p Bingo 2p	25 Tai Chi 9a Music 11a Bible Study 1p Bingo 2p	26 CLOSED
29 Tai Chi 9a Nutrition Class 10a Aerobics 11a Make It Monday's 1p	30 Birthday Celebrations Quilting 10a Music 11a Walking Club 12:30p		National Stress Awareness Month	<i>The best way to pay</i> <i>for a lovely moment</i> <i>is to enjoy it.</i> <i>– Richard Bach</i>

See Sr. Center Director with any questions or concerns.
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