

Thursday	Friday
<p>2</p> <p>8:45 Keeping Fit 9:00 Coffee Hour 9:00-4:00 AARP Tax Services 10:00 Container Gardening and Composting 10:00 OTS: Festival Foods 12:30 Bingo 1:45 "500" 2:00 Core Strength 3:30-4:30 Qigong 4:30-5:30 NEW!! Dance Aerobics –Zumba 6:00 Game Night</p>	<p>3</p> <p>8:45 Yoga 9:00 Coffee Hour 10:00 Garage Sale Meeting 10:00Capital PT: Fall and Injury Screens: Please sign up! 10:00 Tai Chi II 11:15 Tai Chi I 12:30 Movie: Tom Hanks: <u>A Beautiful Day in the Neighborhood</u></p> <p>Hummus Platter We serve salads on Fridays!! Please RSVP by NOON the day before.</p>
<p>9</p> <p>8:45 Keeping Fit 9:00 Coffee Hour 10:00-3:00 PM Decorating Mini Birdhouses: Drop in! 10:30 Healthy Lifestyles: Foot Health 12:30 Bingo 1:45 "500" 2:00 Core Strength 3:00 Vets Group 3:30-4:30 Qigong 4:30-5:30 NEW!! Dance Aerobics –Zumba 6:00 Game Night</p>	<p>10</p> <p>8:45 Yoga 10:00-11:00 Conversations about Death and Dying 10:00 Rendevers Virtual Reality: Estonia's Geological History (Hist. of the Earth) 10:00 Tai Chi II 11:15 Tai Chi I 12:30 Movie: <u>Book Club</u></p> <p>Chicken Cranberry Bacon Bleu We serve salads on Fridays!! Please RSVP by NOON the day before.</p>
<p>16</p> <p>8:45 Keeping Fit 9:00 –Noon Foot Reflexology 9:00 Coffee Hour 10:00 OTS: Kohl's 10:00 Parkinson's Group 12:30 Bingo 1:45 "500" 2:00 Core Strength 3:00 Take a Walk with Alasa 3:30-4:30 Qigong 4:30-5:30 NEW!! Dance Aerobics –Zumba 6:00 Game Night</p>	<p>17</p> <p>8:45 Yoga 10:00 Computers with Rich: Spread Sheets/ Excel 10:00 Tai Chi II 11:15 Tai Chi I 11:30 Birthday, Anniversary Lunch - RSVP by noon April 13 12:30 Music Folk Singer Rich Baumann</p> <p>7-Layer Salad We serve salads on Fridays!! Please RSVP by NOON the day before.</p>
<p>23</p> <p>8:45 Keeping Fit 9:00 Coffee Hour 9:00-2:00 Comprehensive Medication Reviews 11:30 Lunch & Learn: Know Us Before You Need Us 12:30 Bingo 1:45 "500" 2:00 Core Strength 3:30-4:30 Qigong 4:30-5:30 NEW!! Dance Aerobics –Zumba 6:00 Personal Training with Rachael and Stephanie 6:00 Game Night</p>	<p>24</p> <p>8:45 Yoga 9:00 Coffee Hour 10:00 Rendevers Virtual Reality: Animals of the World 10:00 Tai Chi II 11:15 Tai Chi I 12:30 Movie: <u>Just Getting Started</u></p> <p>Chef's Salad We serve salads on Fridays!! Please RSVP by NOON the day before.</p>
<p>30</p> <p>8:45 Keeping Fit 9:00 Coffee Hour 10:30-11:30 Next Steps Made Easy 12:30 Bingo 1:45 "500" 2:00 Core Strength 3:30-4:30 Qigong 4:30-5:30 NEW!! Dance Aerobics –Zumba 6:00 Game Night</p>	



Programs Calendar

