

APRIL 2025 ACTIVITIES

MON	TUE	WED	THU	FRI
	<p>1. 9-4:30 Sight & Sound Trip 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 11:50 Lunch NO Q&A/Tech Help 12:45 Stretch Your Grocery Dollars w/ Matt NO Q&A/Tech Help 4:30 Zumba Pickup Coloring Contest Picture</p>	<p>2. 8:30 Gentle Stretching & Weight Lifting (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo w/ABC 2-3 Q&A/Tech Help</p>	<p>3. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Weight Wise+ 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>4. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>7. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Medicare 101 2-3 Q&A/Tech Help</p>	<p>8. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>9. 8:30 Gentle Stretching & Balance (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>10. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games NO Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Weight Wise+ 12:45 Arts & Crafts w/ Mary NO Q&A/Tech Help 4:30 Zumba</p>	<p>11. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Arts & Crafts w/ Mary</p>
<p>14. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Arts & Crafts w/ Mary 2-3 Q&A/Tech Help</p>	<p>15. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 3pm Board of Directors Meeting 4:30 Zumba TAX DAY</p>	<p>16. Birthday Party 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Constituent Outreach 10-12 Edward Jones Advisor 11:45 Lunch 12:45 Entertainment: Sweet Life</p>	<p>17. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Weight Wise+ 12:45 Petals Please 2-3 Q&A/Tech Help 4:30 Zumba Submit Coloring Contest Picture Deadline</p>	<p>18. CLOSED GOOD FRIDAY</p>
<p>21. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Coloring Contest 2-3 Q&A/Tech Help</p>	<p>22. EARTH DAY 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>23. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo w/ Matt 2-3 Q&A/Tech Help</p>	<p>24. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Weight Wise+ 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>25. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>28. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>29. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>30. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>		<p>(OS) = Off-Site via Zoom ABC = Always Best Care</p>