

# April 2019

Mon	Tue	Wed	Thu	Fri
1 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	2 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	3 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	4 11:00am– 11:45am BETH <u>Silver Sneakers</u>	5 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
8 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	9 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	10 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	11 11:00am– 11:45am BETH <u>Silver Sneakers</u>	12 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
15 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	16 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	17 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	18 11:00am– 11:45am BETH <u>Silver Sneakers</u>	19 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
22 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	23 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	24 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	25 11:00am– 11:45am BETH <u>Silver Sneakers</u>	26 <u>Coffee &amp; Conversations</u> <u>MOVE BREW EDUCATE</u> <u>TALK WITH DOC</u> Tv Lounge area 10am—11am
29 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	30 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	1 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	2 11:00am– 11:45am BETH <u>Silver Sneakers</u>	3 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am



**GAME NIGHT / SENIOR BINGO** —  
Apr 13th , 6pm–9pm.  
Register at front desk.

**Senior Resources** — Make an appointment to learn more about your Body Balance & Posture with Chiropractor Chelsey. Sign up at the front desk.

**Coffee & Conversation s**  
Every Friday from 10:00am—11:am  
in the TV Lounge area