

April

MON	TUE	WED	THU	FRI
1 8:15am—Silver Sneakers splash	2 10:00am—Silver Sneakers	3 10:00am—Aqua Fit	4 9:45am—Silver Sneakers	5 10:00am—Cards/Board games 1pm— Learn about your membership
8 8:15am—Silver Sneakers splash	9 10:00am—Silver Sneakers	10 10:00am—Aqua Fit	11 8:00am—Coffee and Conversation 9:45am—Silver Sneakers	12 10:00am—Cards/Board games
15 8:15am—Silver Sneakers splash	16 10:00am—Silver Sneakers	17 10:00am—Aqua Fit	18 9:45am—Silver Sneakers	19 10:00am—Cards/Board games
22 8:15am—Silver Sneakers splash	23 10:00am—Silver Sneakers	24 10:00am—Aqua Fit	25 8:00am—Coffee and Conversation 9:45am—Silver Sneakers	26 10:00am—Cards/Board games
29 8:15am—Silver Sneakers splash 10am— Lunch and Learn	30 10:00am—Silver Sneakers		Green— Senior social Black—Senior Fitness Blue—Learn at the Y	



SEMINAR
Date TBD

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At

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With a seminar
idea or senior
friendly activity