

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>9am-3pm- Tax Commissioner's Office - by appt (C)</p> <p>10am- Bingo</p> <p>1-3pm- Island Kickers</p> <p>All Fools' Day</p>	<p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>10:30am- Sewing Bees</p> <p>11am-3pm-TECH HELP</p>	<p>*9am-3pm- Tax Commissioner's Office -by appt (C)</p> <p>8:30am- Walkie Talkies</p> <p>9:45am- SPRY Mat</p> <p>12:45pm- Sit & Be Fit</p> <p>1:30-3pm- Comm Art (B) Macrame Bird Feeder</p>	<p>No Activities</p>	<p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>1pm-Matinee Movie: 'War with Grandpa'</p>		
7	<p>*9am-3pm- Tax Commissioner's Office by appt (C)</p> <p>10am- Bingo</p> <p>*Thankyou Home Instead!</p> <p>1-3pm-Boardgame Society (C)</p>	<p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>12:30pm- GEM</p> <p>1-2:30pm- Caregiver Support Group</p> <p>5:30pm-Wellness Presentation w/ Memorial Health</p>	<p>*9am-3pm- Tax Commissioner's Office - by appt (C)</p> <p>8:30am- Walkie Talkies</p> <p>9:45am- SPRY Mat</p> <p>12:45pm- Sit & Be Fit</p> <p>2pm- Tight & Tone</p> <p>5:00pm- Girl Scouts</p>	<p>8:30am- Stretch it Out (30min)</p> <p>9:30am- Pilates</p> <p>10am- Zumbini (B)</p> <p>10:30am- Qi Gong</p> <p>1-3pm-Beg Line Dance</p>	<p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p>	13	
14	<p>*9am-3pm- Tax Commissioner's Office by appt (C)</p> <p>10am- Bingo</p> <p>11am-3pm-TECH HELP</p>	<p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>10:30am- Sewing Bees</p> <p>11am- QiGong with Lisa</p> <p>12:30pm- GEM</p> <p>5:00pm- Fresh Air Home</p>	<p>*9am-3pm- Tax Commissioner's Office -by appt (C)</p> <p>8:30am- Walkie Talkies</p> <p>9:45am- SPRY Mat</p> <p>11am- Bingocize</p> <p>12:45pm- Sit & Be Fit</p> <p>1:30-3pm- Comm Art (B) Pillow Painting</p> <p>2pm- Tight & Tone</p>	<p>8:30am- Stretch it Out (30min)</p> <p>9:30am- Pilates</p> <p>10am- Zumbini (B)</p> <p>10:30am- Qi Gong</p> <p>1-3pm-Beg Line Dance</p> <p>3-5pm- Bunco!</p>	<p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>12:45pm- Sit & Be Fit</p> <p>7-10pm- Contra Dance w/ Folk Music Society</p>	<p>10am-2pm- Spring Garden Show</p>	20
21	<p>*9am-3pm- Tax Commissioner's Office by appt (C)</p> <p>10am- Bingo</p> <p>11:15am- Lunch Bunch</p> <p>1-3pm-Boardgame Society (C)</p> <p>*May Registration opens @ 9am today</p>	<p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>12:30pm- GEM</p> <p>6:30pm- Yin Yoga + Sound Bath</p>	<p>*9am-3pm- Tax Commissioner's Office - by appt (C)</p> <p>8:30am- Walkie Talkies</p> <p>9:45am- SPRY Mat</p> <p>11am- Bingocize</p> <p>12:45pm- Sit & Be Fit</p> <p>2pm- Tight & Tone</p> <p>5:00pm- Girl Scouts</p>	<p>8:30am- Stretch it Out (30min)</p> <p>9:30am- Pilates</p> <p>10am- Zumbini (B)</p> <p>10:30am- Qi Gong</p> <p>1-3pm- Karaoke Kafe</p>	<p>9:45am- SPRY Chair+ Mat</p> <p>11am- SPRY Chair only</p> <p>5:00pm- Community Meeting</p> <p>Arbor Day</p>	27	
28	 <p>*9am-3pm- Tax Commissioner's Office by appt (C)</p> <p>10am- Bingo</p> <p>11am-3pm-TECH HELP</p>	<p>8:30am- Walkie Talkies</p> <p>9:30am- Yoga 101</p> <p>12:30pm- GEM</p>	<h1>April 2024</h1> <p>All programs are in Room A unless specified (B) or (C)</p>				