



# APRIL

# Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 Sittercize 1:00 Shuffleboard 2:00 Balance	2 10:00 Yoga 12:00 Doc Talk 1:00 Aerobics 2:00 Silver Wheels Line Dance	3 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	4 10:00 Aerobics 11:00 Balance 1:00 Yoga 2:00 Line Dancing	5 10:00 Fitness 11:00 Sittercize 1:00 Shuffleboard 2:00 Card Game 31	3:00 Chair Volleyball
7	8 11:00 Sittercize 1:00 Shuffleboard 2:00 Balance	9 10:00 Yoga 8:30 Nature Outing	10 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	11 11:00 Wellness Speaker BRAIN HEALTH 11:00 Balance 1:00 Yoga 2:00 Line Dancing	12 10:00 Fitness 11:00 Sittercize 1:00 Shuffleboard 3:00 Cheers Wine Down	14 3:00 Chair Volleyball
14	15 11:00 Sittercize 1:00 Shuffleboard 2:00 Balance	16 10:00 Yoga 11:00 25 Words or Less 1:00 Aerobics 2:00 Silver Wheels	17 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	18 10:00 Aerobics 11:00 LAUGHTER SEMINAR 1:00 Yoga 2:00 Line Dancing	19 10:00 Fitness 11:00 Sittercize 2:00 Card Game	20 3:00 Chair Volleyball
21	22 11:00 Sittercize 1:00 Shuffleboard 2:00 Balance 3:00 Wellness Com Met	23 10:00 Yoga 1:00 Aerobics 2:00 Silver Wheels	24 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	25 10:00 Aerobics 11:00 Balance 1:00 Yoga 2:00 Line Dancing	26 CASINO NITE 10:00 Fitness 11:00 Sittercize	27 3:00 Chair Volleyball
28	29 11:00 Sittercize 1:00 Shuffleboard 2:00 Balance	30 10:00 Yoga 1:00 Aerobics 2:00 Silver Wheels				