

**APRIL
ACTIVITIES**

MON	TUE	WED	THU	FRI
1 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	2 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOS FOOT CLINIC	3 9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI	4 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. ST. JOHN RINGERS 2:00 P.M. LIVERPOOL RUMMY	5 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
8 9:00 A.M. YOGA 12:30 P.M. FOUR CORNERS DENTAL 1:00 P.M. PITCH 2:30 P.M. TAI CHI	9 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOS	10 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. HRONIK POLKA 2:30 P.M. TAI CHI	11 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	12 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
15 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI AARP SMART DRIVER COURSE	16 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	17 9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI	18 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY 5:00 P.M. VOLUNTEER APPRECIATION MEAL	19 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
22 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	23 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOS FOOT CLINIC	24 9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI	25 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 11:00 A.M.-1:00 P.M. POTATO BAKE	26 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
29 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	30 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT		***** SUNDAY APRIL 28TH	***** 5:00 P.M. POTLUCK 6:00 P.M. MUSIC BINGO