

# APRIL 2017 Program Calendar

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>3</b></p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>9-11 Craft Group</p> <p>1-3 Drop in Painting</p> <p>1:00 German talk group</p> <p>1:00 Gentle Fitness</p>	<p><b>4</b></p> <p><b><i>Brown Bag Day</i></b></p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>12:00 Oil Painting</p> <p>1:00 PING PONG!</p>	<p><b>5</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p>	<p><b>6</b></p> <p>9:00 Zumba Gold</p> <p>9:00 Foot Care</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p><b>7</b></p> <p>9:00 Exercise to Music</p> <p>9:00 Coloring + Crafts</p> <p>10:00 Qigong</p> <p>11:00 Tai-Chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p>
<p><b>10</b></p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>9-11 Craft Group</p> <p>1-3 Drop in Painting</p> <p>1:00 German talk group</p>	<p><b>11</b></p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>10:00 Low Vision group</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>12:00 Oil Painting</p> <p>1:00 PING PONG!</p>	<p><b>12</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>10:00 Knit for Newborns</p> <p>1:00 Community Day</p> <p>1:30 <i>Retired Readers</i></p>	<p><b>13</b></p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p><b>14</b></p> <p>9:00 Exercise to Music</p> <p>9:00 Reiki (by appt)</p> <p>10:00 Qigong</p> <p>11:00 Tai-Chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p> <p>1-3 Drop In Painting</p>
<p><b>17</b></p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>9-11 Craft Group</p> <p>1-3 Drop in Painting</p> <p>1:00 German talk group</p> <p>1:00 Gentle Fitness</p>	<p><b>18</b></p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>11:30 Sing A Long</p> <p>12:00 Oil Painting</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>	<p><b>19</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p>	<p><b>20</b></p> <p>9:00 Health Insurance</p> <p>9:00 Zumba Gold</p> <p>9:00 COA Board Mtg.</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>12-2 Parkinsons group</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p><b>21</b></p> <p>9:00 Exercise to Music</p> <p>10:00 Qigong</p> <p>11:00 Tai chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p> <p>1-3 Drop In Painting</p>
<p><b>24</b></p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>9-11 Craft Group</p> <p>1-3 Drop in Painting</p> <p>1:00 German talk group</p> <p>1:00 Gentle Fitness</p>	<p><b>25</b></p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>12:00 Oil Painting</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>	<p><b>26</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p>	<p><b>27</b></p> <p>9:00 Health Insurance</p> <p>9:00 Zumba Gold</p> <p>9:30 COA Board Mtg.</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p><b>28</b></p> <p>9:00 Exercise to Music</p> <p>10:00 Qigong</p> <p>11:00 Tai Chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p>
<p><b>May 1<sup>st</sup></b></p> <p>1:00 Dementia 101</p>		<p><b>For More Information about programs Call Mary Kelly 978-462-0430</b></p>		