


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 CHAIR YOGA 11-12:30 LUNCH 2:00 LIVE 2B HEALTHY 3:00 BOOK CLUB	2 9:00 BILLARDS TOURNAMENT 10-10:45 DWDD EXERCISE 1-12:30 LUNCH 2:00 TAI CHI	3 10:00 CHAIR YOGA 11-12:30 LUNCH 2:00 LIVE 2B HEALTHY	4 10-10:45 DWDD EXERCISE 11-12:30 LUNCH 1:00 GAME DAY	5 10:00 CHAIR YOGA 11 – 12:30 LUNCH 12:00 BINGO 2:00 LIVE 2B HEALTHY
8 10:00 CHAIR YOGA 11-12:30 LUNCH 2:00 LIVE 2B HEALTHY	9 9:00 BILLARDS TOURNAMENT 10-10:45 DWDD EXERCISE 11- 12:30 LUNCH 2:00 TAI CHI	10 10:00 CHAIR YOGA 11-12:30 LUNCH 11-1 BLOOD PRESSURE 2:00 LIVE 2B HEALTHY	11 10-10:45 DWDD EXERCISE 11-12:30 LUNCH	12 10:00 CHAIR YOGA 11-12:30 LUNCH 12:00 BINGO 2:00 LIVE 2B HEALTHY
15 10:00 CHAIR YOGA 11-12:30 LUNCH 2:00 LIVE 2B HEALTHY	16 9:00 BILLARDS TOURNAMENT 10-10:45 DWDD EXERCISE 11-12:30 LUNCH 2:00 TAI CHI	17 9:30 CRAFT CLASS 10:00 CHAIR YOGA 11-12:30 BP CHECKS 11-12:30 LUNCH 2:00 LIVE 2B HEALTHY	18 10-10:45 DWDD EXERCISE 11-12:30 LUNCH 11:45 FRESH CONSERVATION 1:00 MOVIE “ ON GOLDEN POND “	19 10:00 CHAIR YOGA 11-12:30 LUNCH 12:00 BINGO
22 10:00 CHAIR YOGA 11-12:30 LUNCH 2:00 LIVE 2B HEALTHY	23 9:00 BILLARDS TOURNAMENT 10-10:45 DWDD EXERCISE 11-12:30 LUNCH 2:00 TAI CHI	24 9:30 CRAFT CLASS 10:00 CHAIR YOGA 11-12:30 LUNCH 2:00 LIVE 2B HEALTHY	25 10-10:45 DWDD EXERCISE 11-12:30 LUNCH	26 10:00 CHAIR YOGA 11-12:30 LUNCH 12:00 BINGO 2:00 LIVE 2B HEALTHY
29 10:00 CHAIR YOGA 11-12:30 LUNCH 2:00 LIVE 2B HEALTHY	30 9:00 BILLARDS TOURNAMENT 10-10:45 DWDD EXERCISE 11-12:30 LUNCH 2:00 TAI CHI			ANY QUESTIONS PLEASE CALL LISA OR WENDY 515-279-2767

APRIL CALENDAR FOR NORTHWEST