

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
11:00 Exercise Class 11:00 Lunch 1:00-3:00 Quilting 101	1	8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	2	11:00 Exercise Class 11:00 Lunch 12:15 Bingo	3	8:00 LSI 11:00 Chair Yoga 11:00 Lunch 12:00 Coloring Craft Lemon Meringue Pie	4	8:30 Exercise Class 11:00 Lunch 1:00 Bridge	5
11:00 Exercise Class 11:00 Lunch 1:00-3:00 Quilting 101	8	8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	9	8:30 Exercise Class 11:00 Lunch 12:15 Fresh Conversations	10	8:00-11:30 Foot Clinic 8:00 LSI 11:00 Chair Yoga 11:00 Lunch 12:00 Coloring Craft Blueberry Pie	11	8:30 Exercise Class 11:00 Lunch 1:00 Bridge	12
11:00 Exercise Class 11:00 Lunch 1:00-3:00 Quilting 101	15	8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	16	8:30 Exercise Class 11:00 Lunch 12:15 Bingo	17	8:00 LSI 11:00 Chair Yoga 11:00 Lunch 12:00 Coloring Craft Boston Creme Pie	18	8:30 Exercise Class 11:00 Lunch 1:00 Bridge	19
11:00 Exercise Class 11:00 Lunch 1:00-3:00 Quilting 101	22	8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	23	8:30 Exercise Class 11:00 Lunch	24	8:00 LSI 11:00 Chair Yoga 11:00 Lunch 12:00 Coloring Craft Strawberry Rhubarb Pie	25	8:30 Exercise Class 11:00 Lunch 1:00 Bridge	26
11:00 Exercise Class 11:00 Lunch 1:00-3:00 Quilting 101	29	8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	30	Lunch served daily at 12:00pm Must call day ahead by 1pm for meal reservations		Exercise Class = Live To Be Healthy		Call Matt or Samantha if you have any questions 515-286-3677	

Central Senior Center

April 2024