

# APRIL ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Johnston Senior Center Crown Point Call 251-3707 <i>Lunch served</i></p>	 <p>Center Daily Activities 251-3707 <i>Daily @ 12 noon.</i></p>	<p>1 SILVER SNEAKERS 10:15</p> <p>11:30 Bridge 1:00 Games</p>	<p>2 9:00 ZUMBA Gold <i>News U can Use</i> <i>(following lunch)</i></p> <p>1:00 Games</p>	<p>3 Health Main Clinic 9:00 to 1:00</p> <p>12:45 Bingo</p>
<p>6</p>  <p>Caring Hands of Johnston 10:00 to 3:00</p>	<p>7</p> <p>9:30 Mah Jongg</p> <p>YOGA 9:30 &amp; 10:45</p>	<p>8</p> <p>10-3 "Sew-cial SILVER SNEAKERS 10:15</p> <p>11:30 Bridge 1:00 Games</p>	<p>9</p> <p>9:00 ZUMBA Gold <i>Nutrition News</i> <i>(following lunch)</i></p> <p>1:00 Games</p>	<p>10</p> <p>Eyerly-Ball <i>(following lunch)</i></p> <p>12:45 Bingo</p>
<p>13</p> <p>Johnston Senior Adv. Board Mtg. <i>(following lunch)</i></p>	<p>14</p> <p>9:30 Mah Jongg</p> <p>YOGA 9:30 &amp; 10:45</p>	<p>15</p> <p>SILVER SNEAKERS 10:15</p> <p>11:30 Bridge 1:00 games</p>	<p>16</p> <p>9:00 ZUMBA Gold <i>SMP</i> <i>(following lunch)</i></p> <p>1:00 Games</p>	<p>17</p>  <p>12:45 Bingo</p>
<p>20</p> <p>Caring Hands of Johnston 10:00 to 3:00</p>	<p>21</p> <p>9:30 Mah Jongg</p> <p>YOGA 9:30 &amp; 10:45</p> <p>VNS 11 to 1</p>	<p>22</p> <p>10-3 "Sew-cial SILVER SNEAKERS 10:15</p> <p>11:30 Bridge</p>	<p>23</p> <p>9:00 ZUMBA Gold</p> <p>1:00 Games</p>	<p>24</p> <p>12:45 Bingo</p>
<p>27</p> <p>Angel Corp 10:00 to 3:00</p>	<p>28</p> <p>9:30 Mah Jongg</p> <p>YOGA 9:30 &amp; 10:45</p>	<p>29</p> <p>SILVER SNEAKERS 10:15</p> <p>11:30 Bridge</p>	<p>30</p> <p>9:00 ZUMBA Gold</p> <p>1:00 Games</p>	

## April Showers Bring May Flowers

Johnston/Polk County Senior Center-6300 Pioneer Parkway-Johnston IA 50131 Phone 515-251-3707