

April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
1:00 Toe Nail Clipping & Massage w/ Cat	11:00 Tai Chi for Beginners w/ Jo		11:00 Tai Chi 1:00 Bingo w/ OOA 2:00 Matter of Balance	11:00 Cardio Drumming 11:00 Choir Practice 2:00 Give Your Brain a Boost w/ Salae Jenkins
8	9	10	11	12
11:00 Pet Food Distribution 1:00 Bingo w/ Hannah	11:00 Tai Chi 1:00 The Real Estate Housing Seminar for Seniors 1:00 Chair Yoga 2:00 SAIL	9:00 Haircuts w/ Tami 10:00 Crochet & Knitting Club 11:00 Board Games 12:00 Senior Nutrition Lunch (Sign Up in Advance)	10:00 BP Checks 10:00 Technology Help 11:00 Bible Study 11:00 Tai Chi 12:00 Lunch 1:00 Chair Yoga 1:00 Watercolor Painting 1:00 Bingo w/ Regina Copeland 2:00 SAIL	10:00 Mandolin 10:00 History Club 11:00 Board Games 11:00 Cardio Drumming 12:00 Sudoku
15	16	17	18	19
9:00 Mandolin 9:00 Haircuts w/ Tami 10:00 Guitar 2:30 Line Dancing	10:00 Chat w/ Cherie 11:00 Tai Chi 11:00 Bible Study 12:00 Music w/ Wade Johnson 12:00 Lunch 1:00 Chair Yoga 1:00 Bingo w/ Summit View 2:00 SAIL	9:00 Haircuts w/ Tami 10:00 Crochet & Knitting Club 11:00 Board Games 12:00 Senior Nutrition Lunch (Sign Up in Advance) 1:00 Bingo w/ Allison - Health Markets	10:00 Technology Help 11:00 Bible Study 11:00 Tai Chi 12:00 Lunch 1:00 Chair Yoga 1:00 Painting Class 2:00 SAIL	10:00 Mandolin 10:00 History Club 11:00 Board Games 11:00 Cardio Drumming 11:00 Choir Practice 12:00 Sudoku
22	23	24	25	26
9:00 Mandolin 9:00 Haircuts w/ Tami 10:00 Guitar 2:30 Line Dancing	10:00 Chat w/ Cherie 11:00 Tai Chi 11:00 Bible Study 12:00 Music w/ Wade Johnson 12:00 Lunch 1:00 Chair Yoga 1:00 Bingo w/ Mindy & Nicole (Canterfields) 2:00 SAIL	9:00 Haircuts w/ Tami 10:00 Crochet & Knitting Club 11:00 Board Games 12:00 Senior Nutrition Lunch (Sign Up in Advance) 1:00 Bingo w/ OOA	10:00 BP Checks 10:00 Technology Help 11:00 Bible Study 11:00 Tai Chi 12:00 Lunch 12:15 Anderson Co. EMS Questions about calling911 1:00 Chair Yoga 1:00 Painting Class 2:00 SAIL	10:00 Mandolin 10:00 History Club 11:00 Board Games 11:00 Cardio Drumming 12:00 Sudoku
29	30	1	2	3
9:00 Mandolin 9:00 Haircuts w/ Tami 10:00 Guitar 2:30 Line Dancing	10:00 Chat w/ Cherie 11:00 Tai Chi 11:00 Bible Study 12:00 Music w/ Wade Johnson 12:00 Lunch 1:00 Chair Yoga 2:00 SAIL	<p>Lunches will be on Tuesday & Thursday at Noon. *** Senior Nutrition Lunches will be Wednesdays at Noon: <u>Please sign up with Cherie or Cheryl in advance</u> if at all possible so enough meals can be prepared. *** Jigsaw puzzles are available everyday, there is always a puzzle in the works.</p>		