

Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Pot Luck Lunch 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>4</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>5</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 p.m. – Craft (Must Sign Up)</p>	<p>6</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>10</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Lunch (\$2) 1 p.m.- Bible Study 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>11</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>12</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>13</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - The Bunny Hop Lunch/Party! No Bingo Today due to Party!!</p>
<p>17</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Chatterbug/Lunch (\$2) 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>18</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10:30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>19</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 p.m. – Snack Attack (Must Sign Up)</p>	<p>20</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>24</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Ordered Lunch (\$3) 1 p.m. – Bible Study 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>25</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>26</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>27</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>



On April 13th we will have our Bunny Hop. Lunch will be a \$2 donation but we welcome you to bring in a covered dish to add to it! More details will follow!! Hope to see you all here!!



We are offering evening exercise room hours again. We will be open Mondays 6:30 to 8 and Wednesdays 6 to 8. These hours are made possible by volunteers!!