April 2018

Monday	Tuesday	Wednesday	Thursday
2 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 12:30– Lunch (Senior Life Ebensburg) 6:30 p.m. – Pinochle/Exercise Rm.	3 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	4 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)	5 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. – Lunch (Please sign up) 1:00 p.m. - Bingo
9 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) 1:30 p.m. – Bible Study 6:30 p.m. – Pinochle/Exercise Rm.	10 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	11 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	12 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. – – Lunch (Please sign up) Fishing Party! 12:30 p.m.—Polish Bill 1:30 p.m. - Bingo
16 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) 6:30 p.m. – Pinochle/Exercise Rm. STRESS AWARENESS DAY!	17 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	18 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 (Sign-Up)	19 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. – Lunch (Please sign up) 1:00 p.m. - Bingo
23 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) 1:30 p.m. – Bible Study 6:30 p.m. – Pinochle/Exercise Rm. EARTH DAY CELEBRATION!	24 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	25 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.- Trivia	26 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. – Lunch (Please sign up) 1:00 p.m. - Bingo
30 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) 6:30 p.m. – Pinochle/Exercise Rm.	On April 12th, we will have a Fishing Party! The event will be in honor of the first day of trout season. Dress in your favorite fishing gear. Enjoy fishy snacks and some entertainment by Polish Bill. Please be sure to sign up for this!!	On April 16th, we will have activities and information on stress awareness and the effects on your health. Information will follow lunch.	