

APRIL

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 Happy Easter 	2 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30	3 Bone Builders 9:30-10:30 Circuit Works 11-12 Line Dance 12:00-1:00 Lunch 12:00 Dominoes 1 :00 Tai Chi 4 1:30-2:15 Tai Chi D 2:15-2:45 Quit Smoking 5-6 Ballroom Dance 7:00	4 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Seated Tai Chi 1:30-2:30 Great Courses Native American Peoples 1:30-3:00	5 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi 4 10:45-11:30 Tai Chi 1 11:30-12:30 Great Courses: Genealogy 1:00-2:30	6 CCSI 20 th ANNIVERSARY 9-11 Coffee & Pasteries 12:00 Buffet Lunch 1:00 Guest Speaker Joe Carroll WCAX TV Super Seniors Program	7
8	9 Knitter's Network 10-11:00 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30	10 Bone Builders 9:30-10:30 Circuit Works 11-12 Line Dance 12:00-1:00 Lunch 12:00 Dominoes 1 :00 Tai Chi 4 1:30-2:15 Tai Chi D 2:15-2:45 Quit Smoking 5-6 Ballroom Dance 7:00	11 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Seated Tai Chi 1:30-2:30 Great Courses Native American Peoples 1:30-3:00	12 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi 4 10:45-11:30 Tai Chi 1 11:30-12:30 Great Courses: Genealogy 1:00-2:30	13 Coffee Hour 9-11 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 GAME DAY 12:00-2:30 Ballroom Dance 7:30-8:30	14
15	16 Better Balance 10-11 Lunch 12:00 Medicare Minutes 12:30 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30	17 Bone Builders 9:30-10:30 Circuit Works 11-12 SASH- Aches of Arthritis 11:00 Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1 :00 Tai Chi 1:30-2:15 Tai Chi D 2:15-2:45 Quit Smoking 5-6 Ballroom Dance 7:00	18 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Seated Tai Chi 1:30-2:30 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	19 Adv. Directives 9:00-1:00 (appt.) Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi 4 10:45-11:30 Tai Chi 1 11:30-12:30 Great Courses: Genealogy 1:00-2:30	20 Coffee Hour 9-11 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	21
22	23 Knitter's Network 10-11:00 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30	24 Bone Builders 9:30-10:30 Circuit Works 11-12 Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1:00 Tai Chi 1:30-2:15 Tai Chi D 2:15-2:45 Quit Smoking 5-6 Ballroom Dance 7:00	25 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Seated Tai Chi 1:30-2:30 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	26 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi 4 10:45-11:30 Tai Chi 1 11:30-12:30 Great Courses: Genealogy 1:00-2:30	27 Coffee Hour 9-11 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30 POT LUCK SUPPER 6:00	28 Spring Clean Up 9:30-11:30  World Tai Chi Qigong Day
29	30 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30					