

# April 2020 Calendar of Events

The Center will be closed through April 15. At that time we will re-evaluate the COVID 19 situation

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>KEEP MOVING!</b> Use the blank spaces to record your daily activity Ex: Tai Chi 15 min Bone Builder Exercises 45 min	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
 <b>Happy Easter</b>						
19	<b>20</b> Better Balance 10-11 Guitar Beg. – 1-2:00 Intermediate 2-3:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 TC 73 & 24 5:15 Yang 24 6:30	<b>21</b> Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30	<b>22</b> Yoga 8:30-9:45 Better Balance 10-11 LUNCH 12:00 Great Courses Diplomatic History 1:30-3:00	<b>23</b> Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Fall Prevent. Tai Chi 11:30-12:30 SUN 73 Tai Chi 1:15	<b>24</b> Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00	 World Tai Chi Day 9:30-11:30
26	<b>27</b> Knitters Network 10:00-11:00 Better Balance 10-11 Guitar Beg. – 1-2:00 Intermediate 2-3:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 TC 73 & 24 5:15 Yang 24 6:30	<b>28</b> Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH & BINGO BLAST 12:00 (tentative) Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30	<b>29</b> Yoga 8:30-9:45 Better Balance 10-11 BIRTHDAY LUNCH 12:00 (tentative) Great Courses Diplomatic History 1:30-3:00	<b>30</b> Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Fall Prevent. Tai Chi 11:30-12:30 SUN 73 Tai Chi 1:15		