April Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2 7:30 AA	3 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner	4 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 2:00 Aerobic Dance 3:00 Creative Writing 7:30 WAA	5 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	6 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 2:00 Aerobic Dance 6:00 Ukulele	7 9:00-11 Coffee Hour 10:30 Better Balance	8
9 Happy Easter 7:30 AA	10 10:30 Better Balance 11:00 Guitar 12:00 EASTER DINNER	11 9:00 Board of Directors Meeting 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 2:00 Aerobic Dance 3:00 Creative Writing 7:30 WAA	12 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	13 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 2:00 Aerobic Dance	14 9:00-11 Coffee Hour 9:00-10:30 SASH Blood Pressure Screening 10:30 Better Balance 12:00 GAME DAY 2:30 CELL PHONE WORKSHOP	15
16 7:30 AA	17 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 3:00 Book Club	18 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 2:00 Aerobic Dance 3:00 Creative Writing 7:30 WAA	19 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 BIRTHDAY DINNER 1:30 Great Courses	20 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 1:00 Foot Clinic 2:00 Aerobic Dance 3:00 Book Club 6:00 Ukulele	21 9:00-11 Coffee Hour 10:30 Better Balance 6:00 POT LUCK SUPPER	22
23 7:30 AA	24 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner	25 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 2:00 Aerobic Dance 3:00 Creative Writing 7:30 WAA	26 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	27 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 2:00 GOLDEN YEARS PRESENTATION 2:00 Aerobic Dance	28 9:00-11 Coffee Hour 10:30 Better Balance 1:30 PAINTING ON SLATE	29 World Tai Chi & Qigong Day
30						

Refer to the program descriptions for details