


# APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 10:00. Silver Sneakers	<b>2</b> 10:00. Yoga Class	<b>3</b>
<b>4</b>	<b>5</b> 10:00. Silver Sneakers	<b>6</b> 10:00. Zumba Stretch/Tone/Dance	<b>7</b> 10:00. Tai Chi Class	<b>8</b> 10:00. Silver Sneakers	<b>9</b> 11:00. Spring time Pictionary	<b>10</b>
<b>11</b>	<b>12</b> 10:00. Silver Sneakers	<b>13</b> 10:00. Suffle Board Tournament & enjoy a fruit smothie	<b>14</b> 10:00. Tai Chi Class	<b>15</b> 10:00. Silver Sneakers	<b>16</b> 10:00. Yoga Class 11:00 Monthly Domino Tournament	<b>17</b>
<b>18</b>	<b>19</b> 10:00. Silver Sneakers	<b>20</b> 10:00. Zumba Stretch/Tone/Dance	<b>21</b> 10:00. Tai Chi Class	<b>22</b> 10:00. Silver Sneakers 12:00. Earth Day Documentary	<b>23</b> 9:30. Field Trip Henry B Plant Museum	<b>24</b>
<b>25</b>	<b>26</b> 10:00. Silver Sneakers	<b>27</b> 11:00. Potluck & Shuffelboard	<b>28</b> 10:00. Tai Chi Class	<b>29</b> 10:00. Silver Sneakers	<b>30</b> 10:00. Yoga Class	
		<p>Notes</p>  <ul style="list-style-type: none"> <li>* Daily Blood Pressure Screenings upon request.</li> <li>* Fitness/Exercise Room available daily for Humana Gold Plus Patients.</li> <li>* Coffee – Offered daily.</li> <li>* Transportation provided for Office Visits.</li> </ul> <p style="text-align: right;">* Free Wi-Fi Access.</p>				