




| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|--|--|
| <p>Senior Games Registration: April 1-29</p>  | <p>1 9:30-Vaya Health: Chronic Illness 10:30-Coffee & Updates w/Staff 11:00-Let's Make a Sourdough Starter! <i>National Sourdough Bread Day</i></p> | <p>2 9:30-Beginners Cycling 10:00-Devotions 10:30-Bingo w/Hopscotch 11:00-Cardio Drumming 1:00-Tai Chi 1:00-Games <i>No REFIT® Lite today</i></p> | <p>3 9:00-Meet at Stearns Walking Track 9:30-Advanced Yoga 10:30-Trivia- Food History 10:30-Beginners Yoga** 11:15-Share thy Bread 1:00-Qi Gong <i>National Walk Day</i></p> | <p>4 9:30-Intermediate Cycling 10:30-Game Show Fun: Wheel of Fortune 10:30- REFIT® 12:45-Diamond Painting** 1:00-Games</p> | <p>5 9:30-Get Movin'! 10:30-Watercolor Bookmarks 1:00-Qi Gong</p> | <p>6 Create Like.. Series: April 26-Create like Stephen Wiltshire for Autism Awareness Month</p> |
| <p>7</p> | <p>8 9:30-YouTube Exercise 10:00-Beading w/Dixie <i>No Get Movin'! Class Today</i></p> | <p>9 10:00-Devotions 10:30-T-shirt Handbag Craft 1:00-Tai Chi 1:00-Games <i>No Cycling or REFIT® Lite today</i></p> | <p>10 9:30-Advanced Yoga 9:30-Arts & Crafts w/Lisa- Paper Flowers 10:30-Trivia:Music 10:30-Beginners Yoga** 1:00-Qi Gong 2:30-Dementia/Alzheimer's Caregivers Support Group</p> | <p>11 9:30-Intermediate Cycling 10:30- Senior Life Solution Craft and Meet the New Team 12:45-Diamond Painting** 1:00-Games <i>No REFIT® today</i></p> | <p>12 9:30-Get Movin'! 10:30-Blue Zone Cooking w/Gail- Tomato Basil Bruschetta 12:45- Intermediate Pour Painting w/Abbie 1:00-Qi Gong</p> | <p>13</p> |
| <p>14</p> | <p>15 9:30-Get Movin'! 10:00-Beading w/Dixie: Memory Wire Bracelets 10:30-Seated Strength <i>Purple Up Day! Wear Purple Today!</i></p> | <p>16 9:30-Beginners Cycling 10:00-Devotions 10:30-REFIT® Lite 1:00-Tai Chi 1:00-Games</p> | <p>17 9:30-Advanced Yoga 10:00-Herb Planting-Basil 10:30-Beginners Yoga** 11:15-Share thy Bread 1:00-Qi Gong <i>April Birthdays Celebration</i></p>  | <p>18 9:30-Intermediate Cycling 9:30-Hatcher Gardens Trip** 10:30-Using Essential Oils- Airdry Clay Diffuser Necklace** 10:30- REFIT® 12:45-Diamond Painting**</p> | <p>19 9:30-Get Movin'! 10:30-Local History w/James 12:45-Friday Matinee-Fried Green Tomatoes 1:00-Qi Gong</p> | <p>20</p>  |
| <p>21</p> | <p>22 9:30-Get Movin'! 10:00-Total Body Health w/Jen Woods 10:00-Beading w/Dixie 10:30-Seated Strength 1:00-Horseshoes</p> | <p>23 9:30-Beginners Cycling 10:00-Devotions 10:30-REFIT® Lite 1:00-Tai Chi 1:00-Games</p> | <p>24 9:30-Advanced Yoga 9:30-Arts & Crafts w/Lisa- Beading Fun 10:30-Decluttering forSpring 10:30-Beginners Yoga** 1:00-Qi Gong</p> | <p>25 9:30-Intermediate Cycling 10:30-Paint it Up: Walk in the Rain 10:30- REFIT® 12:45-Diamond Painting** 1:00-Games</p> | <p>26 9:30-Get Movin'! 10:30-Create like Stephen Wiltshire: Cityscape Art 1:00-Qi Gong</p> | <p>27</p>  |
| <p>28</p> | <p>29 9:30-Get Movin'! 10:00-Beading w/Dixie 10:30-Seated Strength</p> | <p>30 9:30-Beginners Cycling 10:00-Devotions 10:30-REFIT® Lite 1:00-Tai Chi 1:00-Games</p> | <p>Drop in Activities: Fitness Room, Game Room, Puzzling, Board/Card Games, Outdoor Sports (pickleball, cornhole, ping pong, horseshoes, croquet, bocce) Open Art Studio (8:30am-3pm, Daily) SHIIP volunteers are onsite to answer Medicare questions by appointment. Available: Smart Television, Communal Computer, WiFi Coffee, Tea, and Water is available at 9:30am thru lunch on most days.</p> <p><i>Activities with ** require sign-up.</i></p> | | | |