



APRIL

Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Yoga 11:00 Pool Exercise/Deb 12:00 Doc Talk 1:00 Aerobics 2:00 Laughter Yoga	2 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation w Deborah	3 10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	4 9:20 Tai Chi 10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game	5 11:00 TV Yoga 3:00 Chair Volleyball
6	7 10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Balance	8 10:00 Yoga 11:00 Pool Exercise/DEb 1:00 Aerobics 2:00 Laughter Yoga	9 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation w Deboarah	10 10:00 Aerobics 11:00 Scam Seminar 1:00 Yoga 2:00 Line Dancing	11 9:20 Tai Chi 10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game	12 11:00 TV Yoga 3:00 Chair Volleyball
13	14 10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Balance 3:00 Hat décor	15 10:00 Yoga 11:00 Hat Décor 1:00 Aerobics 2:00 Laughter Yoga	16 10:00 Fitness 11:00 Sittercize 2:00 Volleyball	17 10:00 Aerobics 1:00 Nature Group 5 th FL 1:00 Yoga 2:30 EASTER BONNET PARADE/HAPPY HOUR	18 9:20 Tai Chi 10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game	19 11:00 Yoga TV 3:00 Chair Volleyball
20	21 11:00 Sittercize 1:30 Shuffleboard 2:00 Balance 3:00 Wellness Com Meet	22 10:00 Yoga 11:00 Sound Meditation 1:00 Aerobics 2:00 Laughter Yoga	23 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball	24 10:00 Aerobics 1:00 Yoga Volunteer Tea	25 9:20 Tai Chi 10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game 31	26 11:00 Yoga TV 3:00 Chair Volleyball
27	28 10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Balance	29 10:00 Yoga TV 11:00 Aquacize 1:00 Aerobics 2:00 Laughter Yoga	30 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation			

