

# April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Stat No Admin Staff</b> 1 10 Seniors Strength <b>(Dumbbells)</b> 11 Silver Sneakers  1 Up town Errands 2.30 Jeopardy	2 10 Seniors Strength <b>(Dumbbells)</b> 11 Silver Sneakers  1 Up town Errands 2.30 Jeopardy	3 10 Tele Rehab (Sign Up Required)  11.30 Lunch at Smoky River Grill 1.30 Craft for Highlands Games	4 10 Seniors Strength ( <b>Hand exercise</b> ) 11 Library Program 1 Flexibility ( <b>Yoga</b> ) 2 Happy Hour	5 10 Seniors Strength ( <b>Resistance Bands</b> )  11 Silver Sneakers 1 Yatzhee 4 Catholic Church	6 1:30 Drum Fit 2:30 Dice BINGO
<b>World Health Day</b> 7  1.30 Silver Sneakers  2.30 Ladder Ball	8 10 Seniors Strength ( <b>Joint rotation</b> )  11 Silver Sneakers  1 Bingo 50/50  3 Ladder ball	9 10 Seniors Strength ( <b>Dumbbells</b> ) 11 Silver Sneakers  1. Craft with Lynn 1. Uptown Errands  2.30 Hand Massage	10 10: Tele Rehab (Sign Up Required) 10: Margaret Abraham presents: Exploring Iceland  11.30 Lunch at Big Horn  2 Scottish Bingo	11 10 Seniors Strength ( <b>Hand exercise</b> ) 11 Library Program  1 Flexibility ( <b>Yoga</b> )  2 Happy Hour	12 10 Seniors Strength ( <b>Resistance Bands</b> )  11 Silver Sneakers 1 Wheel of Fortune 2.30 Movie  4 Catholic Church	13 1.30 Drum Fit 2.30 Name 10
<b>Look up at the Sky Day</b> 14  1.30 Silver Sneakers  2.30 Cornhole	15 10 Seniors Strength ( <b>Joint rotation</b> )  11 Silver Sneakers  1 Bingo 50/50  3 Ladder ball	16 10 Seniors Strength ( <b>Dumbbells</b> ) 11 Silver Sneakers  1. Uptown Errands  2.30 Hand Massage	17 10: Tele Rehab (Sign Up Required)  11.30 Lunch at Grande Cache Hotel  2 Scottish Craft (Flag for Highland games)	18 10 Seniors Strength ( <b>Hand exercise</b> ) 11 Library Program  1 Flexibility ( <b>Yoga</b> )  2 Happy Hour	19 10 Seniors Strength ( <b>Resistance Bands</b> ) 11 Silver Sneakers 1 Music Bingo 2. Movie  4 Catholic Church	20 1:30 Drum Fit 2:30 Card BINGO
21  1.30 Silver Sneakers  2.30 Ladder Ball	22 10 Seniors Strength ( <b>Joint rotation</b> ) 11 Silver Sneakers  1 Bingo 50/50  3 Bowling	23 10 Seniors Strength ( <b>Dumbbells</b> ) 11 Silver Sneakers  1. Craft with Lynn 1. Uptown Errands  2.30 Hand Massage	24 10 Tele Rehab  11.30 Lunch at Grande Cache Pizza  2 Scottish Craft (Decorate Walker for Highland games)	25 10 Seniors Strength ( <b>Hand exercise</b> ) 11 Library Program  1 Flexibility ( <b>Yoga</b> )  2 Happy Hour	26 <b>Pretzel Day</b> 10 Seniors Strength ( <b>Resistance Bands</b> ) 11 Silver Sneakers 1 HIGHLAND GAMES  4 Catholic Church	27 1:30 Drum Fit 2:30 Jenga
<b>Great Poetry Reading Day</b> 28  1.30 Silver Sneakers  2.30 Cornhole	29 <b>International Dance Day</b> 10 Seniors Strength ( <b>Joint rotation</b> ) 11 Silver Sneakers  1 Bingo 50/50  3 Darts	30 <b>International Jazz Day</b> 10 Seniors Strength ( <b>Dumbbells</b> ) 11 Silver Sneakers  1. Uptown Errands  2.30 Jeopardy				

Subject to Change



