













APRIL 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Mahjongg 10:00 Tai Chi 12:45 Bingo 1:00 Chorus 	2 No Fitness with Focus 10:00 Mahjongg 1:00 - 3:15 Bridge 	3 10:00 Tai Chi 12:30 Sheepshead 1:00 Watercolor ~ Erin B.	4 9:00 Foot Clinic 10:00 Fitness with Focus 11:00 Qigong/Tai Chi 12:45 Hand & Foot	5 9:00 Bear Class 9:30 Pickleball 9:30 Chair Yoga 12:45 Hand & Foot 
8 9:00 Mahjongg 10:00 Tai Chi 11:00 Medicare Specialist 1:00 Crafters 1:00 Chorus	9 10:00 Fitness with Focus 10:00 Mahjongg 1:00 - 3:15 Bridge	10 11:15 Hollywood Trip 10:00 Tai Chi 12:30 Sheepshead 1:00 Watercolor ~ Erin B. 	11 9:00 Foot Clinic 10:00 Fitness with Focus 11:00 Qigong/Tai Chi 12:45 Hand & Foot 	12 9:00 Bear Class 9:30 Pickleball 9:30 Chair Yoga 12:45 Hand & Foot
15 9:00 Mahjongg 10:00 Tai Chi 12:45 Bingo 1:00 Chorus 	16 10:00 Fitness with Focus 10:00 Mahjongg 1:00 - 3:15 Bridge 	17 10:00 Tai Chi 12:30 Sheepshead 1:00 Watercolor ~ Erin B.	18 9:00 Foot Clinic 9:00 Mindfulness Class 10:00 Fitness with Focus 11:00 Qigong/Tai Chi 1:00 Garden Program	19 9:00 Bear Class 9:30 Pickleball 9:30 Chair Yoga 12:45 Hand & Foot 
22 9:00 Mahjongg 10:00 Tai Chi 1:00 Crafters 1:00 Chorus 	23 10:00 Fitness with Focus 10:00 Mahjongg 1:00 - 3:15 Bridge	24 First Day of Spring! 10:00 Tai Chi 10:30 For Your Well-Being 12:30 Sheepshead 1:00 Watercolor ~ Erin B.	25 10:00 Fitness with Focus 11:00 Qigong/Tai Chi 12:45 Hand & Foot	26 9:00 Bear Class 9:30 Pickleball 9:30 Chair Yoga 12:45 Hand & Foot
29 9:00 Mahjongg 10:00 Tai Chi 12:45 Jackpot Bingo 1:00 Chorus 	30 10:00 Fitness with Focus 10:00 Mahjongg 1:00 - 3:15 Bridge	Container Gardens ~ April 18th at 1:00 Join horticulturist Zannah Crowe of Heyden's Gardens to learn the basics of success with container gardens. Please RSVP to 262-375-7644 for planning.		