

Primary Activity Center Hours 7AM till 3PM \*Check Activity Center Bulletin Board or Entrance Door for Updated Notices about Early Closures and Closed Days/Times

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BUNCO 5PM	2 Tone Class 9:00 Walk Class 9:45 Rook 12pm	3 Phase 10 Card Game at 10:00 Line Dance 3:00	4 Tone Class 9:00 Walk Class 9:45 Sr. Leaders/Volunteers Meeting 10:30 Rook 12:00	5 Spades Day 10:00	6
7	8 Quilting Day	9 Tone Class 9:00 Walk Class 9:45 Rook 12pm	10 Phase 10 Card Game at 10:00 Line Dance 3:00	11 Tone Class 9:00 Walk Class 9:45 Rook 12pm Ham Radio Club 6:00pm	12 Spades 10:00  Parkinson's Support Group Meeting 1pm	13
14 No Phase 10 for this Week	15 Activity Center Closed	16 Tone Class 9:00 Walk Class 9:45 Rook 12pm	17 Ivy Creek Hosting BINGO & Birthday Celebrations 10:00 Line Dance 3:00	18 Tone Class 9:00 Walk Class 9:45 Rook 12pm	19 Center Opens at 9:00 and Closes at 1:30pm  Spades 10-12pm	20
21	22 Quilting Day Office Closed	23 Tone Class 9:00 Walk Class 9:45 Rook 12pm	24 Art Club Meeting 9:00  Phase 10 at 10:00 in Office Area	25 9:00 Tone Class 9:45 Walk Class 12:00 Rook Games	26 Spades	27
28	29 "Memory in Motion" Hosted by County Extension 9:00am  Phase 10 at 10:00 in the Office Area	30 Tone Class 9:00 Walk Class 9:45 Rook 12pm		<p><b>Use of Activity Center Exercise Equipment at Your Own Risk- Consult with a physician before starting offered exercise classes</b></p> <ul style="list-style-type: none"> <li>• <b>Tone Class:</b> a 30 min sit and stand class, targets building muscles, stretching and functional movements</li> <li>• <b>Walk Class:</b> a 20 min class of constant moving; combination of marching in place, walking patterns around chairs, and abdominal exercises</li> </ul>		
<p>Leaders &amp; Volunteers Meeting on Thursday, April 4<sup>th</sup> at 10:30: Steve Sain, Fran Goudzwaard, Dr. Courtney, Helen Roberts, Stanley Sharpe, Diane Lashley, Sherry Peavy, Frank McFee, Reba McFee and June Dean</p>						