

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Sign- up in binder for all outings</b>	9:00 Women's Billiards (GR) <sup>1</sup> 10:15 Dance/ Vickie Oates (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A) 7:15 Blair/ Felix Wang: Cello (MR)	8:30 Audiology Associates (L) <sup>2</sup> 9:00 Men's Coffee (SS) 10:00 Grocery Trip/Kroger 2:00 Speaker/ Neely Cotten Compass Health Resources (MR) 3:00 Knit Time (A) 7:15 Music/ Ken & Gerry's Nice Dream (MR)	9:00 Women's Billiards (GR) <sup>3</sup> 9:00 Women's Coffee (SS) 10:30 Catholic Communion (L) 2:00 Speaker/ David Chickey (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg/Libby (GR)	3:00 Trivia: Tom & Suzanne (MR) <sup>4</sup>	9:00 Women's Billiards (GR) <sup>5</sup> 2:00 Movie: All Saint's part 1 (MR) 4:30 Relax at the Rendezvous (L)	7:30 Men's Billiards (GR) <sup>6</sup>	
	2:00 Mah-Jongg/ Libby (GR) <sup>7</sup>	9:00 Women's Billiards (GR) <sup>8</sup> 9:45 Downtown Presbyterian & Christ Church Cathedral Tour/ Jim Hoobler 10:15 Dance/ Vickie Oates (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A) 7:15 Music/ Belmont Students (MR)	9:00 Men's Coffee (SS) <sup>9</sup> 10:00 Grocery Trip/ Publix 2:00 Speaker/ Ashley Holden, Crossroads Campus (MR) 3:00 Knit Time (A)	9:00 Women's Billiards (GR) <sup>10</sup> 9:00 Women's Coffee (SS) 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg/Libby (GR)	2:00 Speaker/ Rabbi Michael Danziger (MR) <sup>11</sup>	9:00 Women's Billiards (GR) <sup>12</sup> 2:00 Movie/ All Saint's Part 2 (MR) 4:30 Relax at the Rendezvous (L)	7:30 Men's Billiards (GR) <sup>13</sup>
	2:00 Mah-Jongg/ Libby (GR) <sup>14</sup>	9:00 Women's Billiards (GR) <sup>15</sup> 10:15 Dance/ Vickie Oates (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)	9:00 Men's Coffee (SS) <sup>16</sup> 10:00 Grocery Trip/Kroger 2:00 Ice Cream Social/ Rhonda King, Arosa Care (A) 3:00 Knit Time (A)	9:00 Women's Billiards (GR) <sup>17</sup> 9:00 Women's Coffee (SS) 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg/Libby (GR) 3:30 St. George's Communion (L)	5:00 Party/ April In Paris/ Deanna Loveland Harpist (DR) <sup>18</sup>	9:00 Women's Billiards (GR) <sup>19</sup> 12:30 Music for Seniors/George Gershwin Show at Jazz Workshop 2:00 Bible Study (L) 4:30 Relax at the Rendezvous (L)	7:30 Men's Billiards (GR) <sup>20</sup>
	2:00 Mah-Jongg/ Libby (GR) <sup>21</sup>	9:00 Women's Billiards (GR) <sup>22</sup> 10:15 Dance/ Vickie Oates (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)	9:00 Men's Coffee (SS) <sup>23</sup> 10:00 Grocery Trip/ Publix 2:00 Opera On Wheels (MR) 3:00 Knit Time (A)	9:00 Women's Billiards (GR) <sup>24</sup> 9:00 Women's Coffee (SS) 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg/Libby (GR)	9:30 Beaman State Park Wild Flower Hike <sup>25</sup> 3:00 Trivia: Jane & Lavonne (MR) 7:15 Music/ Jazz saxophone and Classical piano (MR)	9:00 Women's Billiards (GR) <sup>26</sup> 2:00 Bible Study (L) 3:00 Book Club: Sharon Mabry (MR) 4:30 Relax at the Rendezvous (L)	7:30 Men's Billiards (GR) <sup>27</sup>
	2:00 Mah-Jongg/ Libby (GR) <sup>28</sup>	9:00 Women's Billiards (GR) <sup>29</sup> 10:00 Grocery/ Kroger 10:15 Dance/ Vickie Oates (MR) 2:00 Resident Council (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)	9:00 Men's Coffee (SS) <sup>30</sup> 9:30 Tour Larkspur Conservation/ lunch 3:00 Knit Time (A) 5:30 Birthday Dinner (DR)	<h1 style="text-align: center;">April 2024</h1> <h2 style="text-align: center;">Activities Calendar</h2>			
<div style="border: 1px solid black; padding: 5px; text-align: right;"> <p><b>Abbreviation Key</b>            GR= Game Room            L= Lounge            MR= Meeting Room            DR= Dining Room            A= Atrium            SS= Soda Shop</p> </div>							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Circuit Training 10:15 Dance with Vickie Oates 2:00 STRENGTH AND MOBILITY	<b>2</b> 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>3</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 2:00 STRENGTH AND MOBILITY	<b>4</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>5</b> 8:30 Stretch 9:00 Watercise 10:00 Line Dance Class 2:00 STRENGTH AND MOBILITY	<b>6</b>
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<b>28</b>	<b>29</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Circuit Training 10:15 Dance with Vickie Oates 2:00 STRENGTH AND MOBILITY	<b>30</b> 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<h1>April 2024</h1> <h2><i>Exercise Calendar</i></h2>			