



April

2019



Sun

Mon







Tue

Wed

Thu

Fri

Sat

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 9:00 Yoga 10:30 Exercise 1:00 Intro Tai Chi 2:30 Balance Class	2 9:00 Oil Painting 10:30 Coffee hour 	3 9:00 Yoga 10:30 Exercise 1:00 Bridge, Coloring Group 6:00 WTF workshop	4 9:00 Walking group 9:30 Tai Chi 11:15 Balance 1:00 AMP 5:00 Weight Watchers	5 9:00 Yoga 10:30 Exercise 10:00 Book discussion Group at Milne Library 1:00 Bingo	6
7 	8 9:00 Yoga 10:30 Exercise 1:00 Intro Tai Chi	9 9:00 Oil Painting 12:00 Hot Dogs 1:00 Canna Care 1:30 Spinners	10 9:00 Yoga 10:30 Exercise 1:00 Bridge, Coloring Group	11 9:00 Walkers 9:39 Tai Chi 11:15 Balance 1:00 AMP 5:00 Weight Watchers	12 9:00 Yoga 10:30 Exercise 1:00 Bingo	13 
14	15 Harper Center Closed Patriots Day 	16 9:00 Foot Care, Oil Paint 12:00 Ravioli 12:30 Elder Law	17 9:00 Yoga 10:30 Exercise 1:00 Bridge	18 9:00 Walkers 9:30 Tai Chi 11:15 Balance Class 1:00 AMP 5:00 WW	19 9:00 Yoga 10:30 Exercise 12:00 Luncheon 1:00 Food Bank Cooking for One	20
21 	22 9:00 Yoga 10:30 Exercise 1:00 Intro Tai Chi 2:30 Balance Class	23 9:00 Oil Painting 10:30 Coffee hour 1:00 Bingo 1:30 Spin Group	24 9:00 Yoga 10:30 Exercise 1:00 Bridge, Coloring group 2:00 BP Clinic	25 9:00 Walkers 9:30 Tai Chi 11:15 Balance Class 1:00 AMP 5:00 Weight Watchers	26 10:30 Exercise 12:00 Cook Out 1:00 Vet's Agent BROWN BAG!	27
28	29 9:00 Yoga 10:30 Exercise 1:00 Tai Chi 2:30 Balance	30 9:00 Oil Painting 1:00 Denise Vigna; hospitalizations		Van shopping trips to Stop and Shop on Tuesdays starting at 9:15	Our van also makes trips to Wal-Mart check with The driver.	