




April Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 10:30 Better Balance 10:15 Beginner Guitar 11:00 Guitar Group 12:00 CCC Dinner WALKING CHALLENGE BEGINS!	2 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	10 8:30 Yoga 10:30 Better Balance 11:00 Take Note Vocal Group 12:00 CCC Dinner 1:30 Great Courses	4 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 2:00 Women on Women 6:00 Ukulele	5 9:00-11 Coffee Hour 10:30 Better Balance 12:00 GAME DAY	6
7 7:30 AA	8 10:30 Better Balance 10:15 Beginner Guitar 11:00 Guitar Group 12:00 CCC DINNER & SOLAR ECLIPSE PARTY	9 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	10 8:30 Yoga 10:30 Better Balance 11:00 Take Note Vocal Group 12:00 CCC Dinner 1:30 Great Courses	11 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 2:00 Women on Women	12 9:00-11 Coffee Hour 9:00 SASH Blood Pressure Screenings 10:30 Better Balance	13
14 7:30 AA	15 10:30 Better Balance 10:15 Beginner Guitar 11:00 Guitar Group 12:00 CCC Dinner 3:00 Book Club	16 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	17 8:30 Yoga 10:30 Better Balance 11:00 Take Note Vocal Group 12:00 BIRTHDAY DINNER 1:30 Great Courses	18 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 FOOT CLINIC 2:00 Women on Women 6:00 Ukulele	19 9:00-11 Coffee Hour 10:30 Better Balance 1:30-3:00 ADVANCED DIRECTIVES WORKSHOP	20
21 7:30 AA	22 EARTH DAY 10:30 Better Balance 10:15 Beginner Guitar 11:00 Guitar Group 12:00 CCC Dinner	23 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	24 8:30 Yoga 10:30 Better Balance 11:00 Take Note Vocal Group 12:00 CCC Dinner 1:30 Great Courses	25 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 2:00 MATINEE MOVIE 2:00 Women on Women	26 9:00-11 Coffee Hour 10:30 Better Balance 6:00 POTLUCK SUPPER	27  World Tai Chi & Qigong Day
28 7:30 AA	29 10:30 Better Balance 10:15 Beginner Guitar 11:00 Guitar Group 12:00 CCC Dinner	30 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA				

Refer to the program descriptions for details