

April

2018



2 <u>MONDAY</u> Strength & Flex 8:30 Sarah's Class 10:00 Ping pong 9 -12 pm Pickleball 9-12 pm Senior Spin 4:30pm LifeStream Lunch 11:00	3 <u>TUESDAY</u> SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00 Boom 12:00 LifeStream Lunch 11:00	4 <u>WEDNESDAY</u> Boot Camp 8:30am Sarah's Class 10:00 Ping Pong 9-12 pm Pickleball 9-12 pm LifeStream Lunch 11:00 Craft Club 1-2 Senior Spin 4:30pm Woodcarving 6:00 pm	5 <u>THURSDAY</u> SilverSneakers Classic 10:00 Pickleball 9:00-12:00 Boom 12:00 Yoga w/ Paul 2:00 Card Club 1:00-3:30 Senior Spin 4:30pm LifeStream Lunch 11:00	6 <u>FRIDAY</u> Senior Fit Mix 8:30 Judy & Sharon's Cardio Class 10:00 Ping pong 9 -12 pm Pickleball 9-12 pm
9 <u>MONDAY</u> Strength & Flex 8:30 Sarah's Class 10:00 Ping pong 9 -12 pm Pickleball 9-12 pm Senior Spin 4:30pm LifeStream Lunch 11:00	10 <u>TUESDAY</u> SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00 Boom 12:00 LifeStream Lunch 11:00	11 <u>WEDNESDAY</u> Boot Camp 8:30am Sarah's Class 10:00 Ping Pong 9-12 pm Pickleball 9-12 pm LifeStream Lunch 11:00 Senior Spin 4:30pm Woodcarving 6:00 pm	12 <u>THURSDAY</u> SilverSneakers Classic 10:00 Pickleball 9:00-12:00 Boom 12:00 Senior Spin 4:30pm Yoga w/ Paul 2:00pm LifeStream Lunch 11:00 Senior Spin 4:30pm	13 <u>FRIDAY</u> Senior Fit Mix 8:30 Judy & Sharon's Cardio Class 10 Ping pong 9 -12 pm Pickleball 9-12 pm Cupcake & Canvas Fundraiser

April 16th-30th



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MONDAY

Strength& Flex 8:30
 Sarah's Class 10:00
 Ping pong 9 -12 pm
 Pickleball 9-12 pm
 Senior Spin 4:30pm
 LifeStream Lunch 11:00

**Spring Into Fitness
 With SilverSneakers**

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TUESDAY

SilverSneakers
 Classic 10:00
 Woodcarving 10 am
 Knitting 10 am
 Pickleball 9:00-12:00
 Boom 12:00
 LifeStream Lunch 11:00

**Last Day Of Logging
 For 100 Miles In**

18 WEDNESDAY

Boot Camp 8:30am
 Sarah's Class 10:00
 Pickleball/PingPong 9-12
 LifeStream Lunch 11:00
 Craft Club 1-2
 Senior Spin 4:30pm
 Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
 Classic 10:00
 Pickleball 9:00-12:00
 Boom 12:00
 Card Club 1:00-3:30
 Senior Spin 4:30pm
 Yoga w/ Paul 2:00
 LifeStream Lunch 11:00

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FRIDAY

Senior Fit Mix 8:30
 Judy & Sharon's
 Cardio class 10
 Ping pong 9 -12 pm
 Pickleball 9-12 pm

**Senior Movie Night
 "The Mountain
 Between Us" 6PM**

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MONDAY

Strength& Flex 8:30
 Sarah's Class 10:00
 Ping pong 9 -12 pm
 Pickleball 9-12 pm
 Senior Spin 4:30pm
 LifeStream Lunch 11:00

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TUESDAY

SilverSneakers
 Classic 10:00
 Woodcarving 10 am
 Knitting 10 am
 Pickleball 9:00-12:00
 Boom 12:00
 LifeStream Lunch 11:00

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WEDNESDAY

Boot Camp 8:30am
 Sarah's Class 10:00
 Ping Pong 9-12 pm
 Pickleball 9-12 pm
 LifeStream Lunch 11:00
 Senior Spin 4:30pm
 Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
 Classic 10:00
 Pickleball 9:00-12:00
 Boom 12:00
 Senior Spin 4:30pm
 Yoga w/ Paul 2:00
 LifeStream Lunch 11:00

Bingo 1:00—3:00

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FRIDAY

Senior Fit Mix 8:30
 Judy & Sharon's
 Cardio class 10
 Ping pong 9 -12 pm
 Pickleball 9-12 pm

30

MONDAY

Strength& Flex 8:30
 Sarah's Class 10:00
 Ping pong 9 -12 pm
 Pickleball 9-12 pm
 Senior Spin 4:30pm
 LifeStream Lunch 11:00