

April

2019



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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 3:30pm

LifeStream Lunch 11:00

2

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:00

3

WEDNESDAY

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 3:30pm
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Card Club 1:00-3:30

LifeStream Lunch 11:00

5

FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio Class 10:00
Ping Pong 9 -12 pm
Pickleball 9-12 pm

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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 3:30pm

LifeStream Lunch 11:00

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

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 3:30pm
Woodcarving 6:00 pm

11

THURSDAY

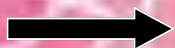
SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
LifeStream Lunch 11:00

12

FRIDAY

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

April 15th-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 3:30pm
LifeStream Lunch 11:00

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TUESDAY

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

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

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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
Craft Club 1-2
Senior Spin 3:30pm
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Card Club 1:00-3:30
LifeStream Lunch 11:00

Easter Carry-In

@ 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

**Movie Night
"A Star Is Born"
@ 6 pm**

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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 3:30pm
LifeStream Lunch 11:00

**Spring Into Fitness
Starts**

23

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
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 3:30pm
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
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

**Mommy & Me
Ice Cream and Canvas
6-8pm**

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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 3:30pm
LifeStream Lunch 11:00

23

TUESDAY

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

24

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 3:30pm
Woodcarving 6:00 pm