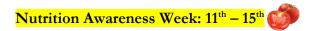
## \*Nutrition Awareness Month\*





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: Free Blood pressure & Glucose checks M-F 10am-Noon				Chair Zumba 9:15-9:45am <b>1</b> Silver Sneakers 10am Tabletop Games Writing Club 1:30pm
				Employee Appreciation Day
Chair Yoga 9:15-9:45am <b>4</b> Silver Sneakers 10am Chicks w/sticks 10am Bridge Club	Quilting Bees 9am5Bible Study 9am(Ray Branch)Arthritis Class 10 am	*Meal sponsored by Silver Angels @ 11am	Arthritis Class 10am <b>7</b> Tabletop Games	Chair Zumba 9:15-9:45am <b>8</b> Silver Sneakers 10am Tabletop Games Writing Club 1:30pm
Crafts w/Kay 12:30pm	Senior Songfest Noon	CLOSED		0 1
Line Dancing 1pm	Bunco 1pm	Vet Café	Abingdon Walmart & Cracker Barrel Trip \$5	AirMed Care Presentation w/Paul Brian & Kim Klein 11am
Chair Yoga 9:15-9:45am 11 Silver Sneakers 10am Chicks w/sticks 10am Bridge Club Line Dancing 1pm	Quilting Bees 9am 12 Bible Study 9am (Steven Spencer) Arthritis Class 10 am Senior Songfest Noon Bunco 1pm Hammrick's Trip \$5	Chair Yoga 9:15-9:45am <b>13</b> Silver Sneakers 10am Senior Jam 11am Tabletop Games ABC Grant: Crafting w/Beads led by Carolyn McKinnis Noon-2pm	Arthritis Class 10am 14 Tabletop Games Improv 12:30pm	Chair Zumba 9:15-9:45am 15 Silver Sneakers 10am Chair Chair Zumba 9:15-9:45am 15 Silver Sneakers 10am Chair
Chair Yoga 9:15-9:45am 18 Silver Sneakers 10am Chicks w/sticks 10am Bridge Club Line Dancing 1pm		Chair Yoga 9:15-9:45am 20 Silver Sneakers 10am Senior Jam 11am <i>Storytelling w/</i> Tabletop Games <i>Lois Dunn</i> <u>Coffee &amp; Conversation:</u> Alzheimer's Caregivers' Support Group 2:30-3:30pm	Arthritis Class 10am <b>21</b> Tabletop Games	Chair Zumba 9:15-9:45am <b>22</b> Silver Sneakers 10am Tabletop Games Writing Club 1:30pm
Spring Fling w/Addie 11am	First Day of Spring Party!	World Storytelling Day	Loveable Ladies' Downtown Trip	Farmer's Daughter Trip \$5
Chair Yoga 9:15-9:45am 25 Silver Sneakers 10am Chicks w/sticks 10am Bridge Club Cards w/Lynda 11am	Quilting Bees 9am26Bible Study 9am(Tyler Fenner)Arthritis Class 10 amSenior Songfest Noon	Chair Yoga 9:15-9:45am 27 Silver Sneakers 10am Senior Jam 11am Tabletop Games	Arthritis Class 10am 28 Tabletop Games	29 CLOSED
Book Club Noon Line Dancing 1pm	Bunco 1pm		Easter Party! Special music w/Hillbilly Strings @ 11am	Good Friday

\*REMINDER: Our Exercise Room and Billiard Tables are open Monday through Friday 9am – 4pm\*