



April Activities 2010



S	Monday	Tuesday	Wednesday	Thurs	Friday	Sa
	<p>* asterisk indicates by appointment</p> <p><i>Underlining Indicate s registration required</i></p>			<p>1</p> <p>Administrative Day</p>	<p>2</p> <p>9:00 Geezers 10:00 Stichin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk 1:00 Parkinson's Support Group CLOSED AT 2:00 FOR GOOD FRIDAY</p>	<p>3</p>
4	<p>5</p> <p>12:30 Gym Walk 1:00 Canasta</p>	<p>6</p> <p>10:00 <u>Kitchen Herbs with Lake McCullogh</u> 11:00 Blood Pressure 12:30 Gym Walk 1:00 Mediation for Healing 1:00 <u>Healthy Living Class 1</u></p>	<p>7</p> <p>10:00 Dance for Health 1:00 Poker 1:00 Writing for Generations April Nutrition Education</p>	<p>8</p> <p>Administrative Day</p>	<p>9</p> <p>9:00 Geezers 10:00 Stichin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk</p>	<p>10</p>
11	<p>12</p> <p>12:30 Gym Walk Beach Party at Lunch! 1:00 Canasta</p>	<p>13</p> <p>*10:00 Chair Massage 12:30 Gym Walk 1:00 Mediation for Healing 1:00 <u>Healthy Living Class 2</u></p>	<p>14</p> <p>10:00 Dance for Health 1:00 Poker 1:00 <u>Sky Ute Casino</u></p>	<p>15</p> <p>Administrative Day Art in the Den 5:30 p.m. to 7:00 p.m.</p>	<p>16</p> <p>9:00 Geezers 10:00 Stichin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk 1:15 ASI BOARD Meeting</p>	<p>17</p>
18	<p>19</p> <p>12:30 Gym Walk 1:00 Canasta</p>	<p>20</p> <p>12:30 Gym Walk 1:00 Mediation for Healing 1:00 <u>Healthy Living Class 3</u></p>	<p>21</p> <p>9:00—11:00 FOX TROT CHALLENGE KICK OFF 10:00 Dance for Health 1:00 Poker</p>	<p>22</p> <p>Administrative Day</p>	<p>23</p> <p>9:00 Geezers 10:00 Stichin' in the Kitchen 10:30 Book Club 11:00 Tai Chi 12:30 Gym Walk 12:45 Don Ford on Walking BIRTHDAY LUNCH!!!</p>	<p>24</p>
25	<p>26</p> <p>12:30 Gym Walk 1:00 Canasta</p>	<p>27</p> <p>12:30 Gym Walk 12:45 Jessica Peart Personal Trainer 1:00 Mediation for Healing 1:00 <u>Healthy Living Class 4</u></p>	<p>28</p> <p>10:00 Dance for Health 1:00 Poker 1:00 Alzheimer's Support</p>	<p>29</p> <p>Adminstrative Day</p>	<p>30</p> <p>9:00 Geezers 10:00 Stichin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk BIRTHDAY LUNCH!</p>	

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