

APRIL 2024 SENIOR CENTER ACTIVITIES- FORSYTH

(ACTIVITIES SUBJECT TO CHANGE) COME IN TO VISIT, PLAY CARDS, GAMES, LISTEN TO MUSIC, HANG OUT, DO MONTHLY ACTIVITIES, READ, & HAVE FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*APRIL FOOLS DAY! 1	2	3	4	5	6
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	CHAIR EXERCISE'S 9:00 A.M	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M	CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	
7	8	BIRTHDAY DAY! 9	10	11	12	13
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	CHAIR EXERCISE'S 9:00 A.M LINDA WOLFF FROM ACTION- 12:00 PM Call to make an appointment!	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M COFFEE & CHAT @ NH 10:00 AM	CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M WHEEL OF FORTUNE 12:30	
14	15	16	17	18	19	20
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	FOOT CLINIC-CALL TO MAKE AN APPOINTMENT CRAFTS W/KAYLA 12:30PM	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M	CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	
21	22	23	24	25	26	27
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	CHAIR EXERCISE'S 9:00 A.M CRAFTS W/HEAVEN 12:30 PM	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M COFFEE & CHAT @ NH 10:00 AM Community Health Fair 2:30-7 @ Exhibit Hall	CHAIR EXERCISE'S 9:00 A.M BINGO 12:30 PM	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	
28	29	30				
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M					