

APRIL 2025

FORSYTH SENIOR CENTER ACTIVITIES

STOP BY TO VISIT, ENGAGE IN CARD GAMES, EXERCISE, LISTEN TO MUSIC, SOCIALIZE, PARTICIPATE IN MONTHLY EVENTS, READ AND ENJOY YOURSELF!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(ACTIVITIES ARE SUBJECT TO CHANGE)	1 CHAIR EXERCISES 9AM COFFEE AND CHAT 9 AM	2 ARTHRITIS CLASS 9 AM COFFEE AND CHAT 9 AM	3 CHAIR EXERCISES 9AM COFFEE AND CHAT 9 AM ARTHRITIS YOGA 9:45 AM BINGO 12:30-2 PM	4 COFFEE AND CHAT 9 AM SAIL CLASS 9-10 AM JEOPARDY 12:30-2
7 SAIL CLASS 9-10 AM COFFEE AND CHAT 9 AM CARDS	8 BIRTHDAY DAY! CHAIR EXERCISES 9AM COFFEE AND CHAT 9 AM DEBBIE FROM ACTION HERE TODAY!	9 ARTHRITIS CLASS 9 AM COFFEE AND CHAT 9 AM CARDS	10 CHAIR EXERCISES 9AM NO YOGA TODAY! COFFEE AND CHAT 9 AM BINGO 12:30-2 PM	11 COFFEE AND CHAT 9 AM SAIL CLASS 9-10 AM MOVIE 12:30-2
14 SAIL CLASS 9-10 AM COFFEE AND CHAT 9 AM CARDS	15 NO CHAIR EXERCISES! COFFEE AND CHAT 9 AM FOOT CLINIC-CALL TO MAKE AN APPOINTMENT!	16 ARTHRITIS CLASS 9 AM COFFEE AND CHAT 9 AM CARDS	17 CHAIR EXERCISES 9AM COFFEE AND CHAT 9 AM ARTHRITIS YOGA 9:45 AM BINGO 12:30-2 PM	18 EASTER PARTY! COFFEE AND CHAT 9 AM SAIL CLASS 9-10 AM
21 SAIL CLASS 9-10 AM COFFEE AND CHAT 9 AM CARDS	22 CHAIR EXERCISES 9AM COFFEE AND CHAT 9 AM CRAFTS W/HEAVEN 12:30 PM	23 ARTHRITIS CLASS 9 AM COFFEE AND CHAT 9 AM CARDS	24 CHAIR EXERCISES 9AM COFFEE AND CHAT 9 AM ARTHRITIS YOGA 9:45 AM BINGO 12:30-2 PM	25 COFFEE AND CHAT 9 AM SAIL CLASS 9-10 AM *CARD SOCIAL*
28 SAIL CLASS 9-10 AM COFFEE AND CHAT 9 AM CARDS	29 CHAIR EXERCISES 9AM	30 ARTHRITIS CLASS 9 AM CARDS		