

# Health & Wellness –April 2024

CR-Craft Room  
ER- Exercise Room

FC-Fitness Center  
TH-Theatre  
PR- Party Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>10:45am</b> Tai-Chi (ER)	2 <b>9:30am</b> Chair Yoga (TH)	3 <b>10:30am</b> Fitness Class Group (ER)	4 <b>9:30am</b> Chair Yoga (TH)	5 <b>10:00am</b> Hand Exercises (CR)	6
7	8 <b>10:45am</b> Tai-Chi (ER)	9 <b>9:30am</b> Chair Yoga (TH) <b>10:30am</b> Fitness Class Group (ER)	10 <b>10:30am</b> Fitness Class Group (ER)	11 <b>9:30am</b> Chair Yoga (TH)	12 <b>10:00am</b> Hand Exercises (CR)	13
14 <b>11:05am</b> Walk With Emily (R)	15 <b>10:45am</b> Tai-Chi (ER)	16 <b>9:30am</b> Chair Yoga (TH) <b>10:30am</b> Fitness Class Group (ER)	17 <b>10:30am</b> Fitness Class Group (ER)	18 <b>9:30am</b> Chair Yoga (TH)	19 <b>10:00am</b> Hand Exercises (CR)  <b>Audiology</b> Sign up at Reception	20
21	22 <b>10:45am</b> Tai-Chi (ER)	23 <b>9:30am</b> Chair Yoga (TH) <b>10:30am</b> Fitness Class Group (ER)	24 <b>10:30am</b> Fitness Class Group (ER)	25 <b>9:30am</b> Chair Yoga (TH)	26	27
28 <b>11:05am</b> Walk With Emily (R)	29 <b>10:45am</b> Tai-Chi (ER) <b>Blood Pressure Clinic</b> 10am-2pm in the nurses station	30 <b>9:30am</b> Chair Yoga (TH) <b>10:30am</b> Fitness Class Group (ER)	 <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p><b>** ONLY HEALTH AND FITNESS RELATED ACTIVITIES ARE ON THIS SIDE OF THE PAGE**</b></p> <p style="text-align: center;"><b>TURN OVER FOR ALL OTHER ACTIVITIES</b></p> </div>			

