

April Wellness 2023

*Programs are subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|-------------------------------------|---|
| 3 | 4 | 5 | 6 | SENIOR CENTER CLOSED 7 |
| 11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL | 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL | 10:30 BODY SCULPTING 12:30 NOW & ZEN, AUD. 2 1:30 PICKLEBALL | 11:30 CHAIR YOGA 1:30 PICKLEBALL |  |
| 10 | 11 | 12 | 13 | 14 |
| 11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL | 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL | 10:30 BODY SCULPTING 12:30 NO NOW & ZEN, AUD. 2 1:30 PICKLEBALL | 11:30 CHAIR YOGA 1:30 PICKLEBALL | 10:00 ZUMBA 1:45 PICKLEBALL |
| 17 | 18 | 19 | 20 | 21 |
| 11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL | 10 – 12 PENN MED BLOOD PRESSURE SCREENING | 10:30 BODY SCULPTING1 1:30 NOW & ZEN, AUD. (note new time) 1:30 PICKLEBALL | 11:30 CHAIR YOGA 1:30 PICKLEBALL | 10:00 ZUMBA 11:00 PICKLEBALL 12:30 – 2:00 Pickleball Supervised Play sign up in office |
| 24 | 25 | 26 | 27 | 28 |
| 11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL | 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL | 10:30 – 12:00 HOBBIES FOR HEALTH – MEDITATIVE PAINTING TO REGISTER CALL (888) 897-8979 (Follow the prompts) | 11:30 CHAIR YOGA 1:30 PICKLEBALL | 10:00 ZUMBA 11:00 PICKLEBALL 12:30 – 2:00 Pickleball Supervised Play sign up in office |

