


# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:15 Strength &amp; Stretch – WC 10:00 UNO– FL 11:00 Cardio Drumming-WC 6:00 Movie Night “Apollo 13”-TR</p> <p><i>April Fool’s Day</i></p>	<p>2</p> <p>9:15 Let’s Get Moving -WC 10:30 Bible Study-Chapel 1:30 UNO– FL 2:00 Kroger Trip 6:00 Thirteen– FL</p>	<p>3</p> <p>9:15 Strength &amp; Stretch – WC 10:30 Chair Yoga-WC 12:00-3:00 Pickle Ball-WC</p> <p><b>Volunteer Opportunity: Visit with Your Neighbor on 1st Floor</b></p>	<p>4</p> <p>9:15 Let’s Get Moving-WC 10:30 Better Balance-WC 1:00 C&amp;C - TR</p> <p>2:00 Shopping Trip 2:30 Line Dancing– WC 6:00 Thirteen– FL</p>	<p>5</p> <p><b>12:15 First Friday Organ Recital (bus leaves at 11:50am)</b> 1:30 Resident Ambassador Recruitment-JT 3:00 Music Performance: Fritz Horisk</p>	<p>6</p> <p>6:15 Heartland-TR</p>
<p>7</p> <p>3:30 Vespers-Chapel Tom DuMontier</p>	<p>8</p> <p>9:15 Strength &amp; Stretch – WC 10:00 UNO– FL 11:00 Cardio Drumming-WC 2:00-4:30 Solar Eclipse (Glasses located at the front desk)</p>	<p>9</p> <p>9:15 Let’s Get Moving -WC 1:30 UNO– FL 2:00 Martin’s Trip 3:30 Second Tuesday Meeting-GAL 6:00 Thirteen– FL</p>	<p>10</p> <p>9:15 Strength &amp; Stretch – WC 10:00 Hearing at Home-TR 10:30 Chair Yoga-WC 12:00-3:00 Pickle Ball-WC 2:00 Healthy Eats-GAL</p>	<p>11</p> <p>9:15 Let’s Get Moving-WC 10:30 Better Balance-WC 1:00 C&amp;C - TR 2:00 Shopping Trip 2:30 Line Dancing– WC 3:30 Happy Hour-JT 6:00 Thirteen– FL</p>	<p>12</p> <p>9:15 Strength &amp; Stretch– WC 12:00 Lunch Outing: Sooner’s BBQ &amp; More</p>	<p>13</p> <p>6:15 Heartland-TR</p>
<p>14</p> <p>3:30 Vespers—Chapel Tizzy Von Trapp Walker</p>	<p>15</p> <p>9:15 Strength &amp; Stretch – WC 10:00 UNO– FL 11:00 Cardio Drumming-WC</p>	<p>16</p> <p>9:15 Let’s Get Moving -WC 10:30 Bible Study-Chapel 1:30 UNO– FL 2:00 Kroger Trip 6:00 Thirteen– FL</p>	<p>17</p> <p>9:15 Strength &amp; Stretch – WC 10:30 Chair Yoga-WC 12:00-3:00 Pickle Ball-WC 2:00 Project Grows Presentation-GAL</p>	<p>18</p> <p>9:15 Let’s Get Moving-WC 10:30 Better Balance-WC 11:00 Shopping Trip (Note time change) 2:00 Music Performance: Why Not Sing Singers-GAL 6:00 Thirteen– FL</p>	<p>19</p> <p>9:15 Strength &amp; Stretch– WC 3:00 Music Performance: Susan Edelman-GAL</p>	<p>20</p> <p>6:15 Heartland-TR</p>
<p>21</p> <p>3:30 Vespers—Chapel Gene Williams</p>	<p>22</p> <p>9:15 Strength &amp; Stretch – WC 10:00 UNO– FL 11:00 Cardio Drumming-WC 3:00 Tales &amp; Travel “Japan”-TR 6:00 Bingo Night-GAL</p>	<p>23</p> <p>9:15 Let’s Get Moving -WC 10:30 Bible Study-Chapel 1:30 UNO– FL 2:00 Martin’s Trip 6:00 Thirteen– FL</p>	<p>24</p> <p>9:15 Strength &amp; Stretch – WC 10:30 Chair Yoga– WC 12:00-3:00 Pickle Ball-WC 2:30 Documentary Series “Christa McAuliffe: Teacher in Space”-TR</p>	<p>25</p> <p>9:15 Let’s Get Moving-WC 10:30 Better Balance-WC 1:00 C&amp;C - TR 2:00 Shopping Trip 2:30 Line Dancing– WC 6:00 Thirteen– FL</p>	<p>26</p> <p>9:15 Strength &amp; Stretch– WC 11:00 Walking Club: South River Greenway (bus leaves at 10:45am) 2:00 Summit Square’s Wine Club-JT</p>	<p>27</p> <p>6:15 Heartland-TR 2:00 Wayne Theater: 9 to 5 Musical (bus leaves at 1:15pm)</p>
<p>28</p> <p>3:00 Waynesboro Symphony Orchestra: European Tour (bus leaves at 2:15pm) 3:30 Vespers– Chapel Elizabeth Foss</p>	<p>29</p> <p>9:15 Strength &amp; Stretch – WC 10:00 UNO– FL 11:00 Cardio Drumming-WC 3:00 Birthday Social-GAL 7:30 Waynesboro Choral Society (bus leaves at 6:40pm)</p>	<p>30</p> <p><i>Massage Day</i> 9:15 Let’s Get Moving –WC 10:30 Bible Study-Chapel 1:30 UNO– FL 2:00 Kroger Trip 6:00 Thirteen–FL</p>			<p>LIB - Library FL - Front Lobby TR - Theater Room BR– Brunswick Dining Room BP– Back Parking</p>	<p>WC - Wellness Center GAL-Gallery JT– Jacob’s Tavern FP– Front Parking</p>