

Mon**Tue****Wed****Thu****Fri****APRIL**

1
8:45 AM: YOGA 1
 10:00 AM: SIT, KNIT, CROCHET
 10:00 AM: CRAFTS
10:30 AM: BLOOD PRESSURE
11:30 SS CIRCUIT
 1:00 PM: BINGO

2
9:00 AM : CHAIR YOGA
 10:30 AM: SOMATICS
12:00 PM SUNRISE SPRING BRUNCH

3
 9:45 AM: LINE DANCING
10:00 AM: UNIV. OF PITT PHARMACY STUDENTS
11:15 AM: EXERCISE WITH THE DIRECTOR

6
 10:30 AM: CHAIR YOGA
 11:00 AM: WALMART
 12:30 PM: ACTIVITY PLANNING
1:00 PM: BRIDGE
1:30 PM: SS ENERCHI

7
9:00 AM: FIT GROUP DRUMS
 10:00 AM: SS STABILITY & BALANCE
11:00 AM: ON THE MOVE
 1:00 PM: GAME DAY/BUNCO

8
8:45 AM: YOGA 1
 10:00 AM: SIT, KNIT, CROCHET
 10:00 AM: CRAFTS
11:30 AM: SS CIRCUIT
 1:00 PM: BINGO

9
9:00 AM : CHAIR YOGA
 10:30 AM: SOMATICS
1:00 PM: TITANIC PRESENTATION

10
 9:45 AM: LINE DANCING
11:15 AM: EXERISE WITH THE DIRECTOR
12:00 PM: LUNCH WITH FRIENDS

13
 10:30 AM: CHAIR YOGA
11:00 AM: RIVERS CASINO
1:00 PM: BRIDGE
1:30 PM: SS ENERCHI

14
9:00 AM: FIT GROUP DRUMS
 10:00 AM: SS STABILITY & BALANCE
11:00 AM: ON THE MOVE
 1:00 PM: GAME DAY
1:00 PM: SELF PUBLISHING PRESENTATION

14
8:45 AM: YOGA 1
 10:00 AM: SIT, KNIT, CROCHET
 10:00 AM: CRAFTS
10:30 AM: BLOOD PRESSURE
11:30 AM: SS CIRCUIT
 1:00 PM: BINGO

16
9:00 AM : CHAIR YOGA
 10:30 AM: SOMATICS
1:00 PM: FLEA MARKET PREP

17
 9:45 AM: LINE DANCING
11:15 AM: EXERCISE WITH THE DIRECTOR
1:00 PM: FLEA MARKET PREP

20
 10:30 AM: CHAIR YOGA W/ NANCY
11:30 BOOK CLUB
1:00 PM: BRIDGE
1:30 PM: SS ENERCHI

21
9:00 AM: FIT GROUP DRUMS
 10:00 AM: SS STABILITY & BALANCE
11:00 AM: ON THE MOVE
12:00 PM: HAPPY BDAY LUNCH
 1:00 PM: GAME DAY/BUNCO

22
8:45 AM: YOGA 1
 10:00 AM: SIT, KNIT, CROCHET
 10:00 AM: CRAFTS
11:30 AM: SS CIRCUIT
 1:00 PM: BINGO

23
9:00 AM : CHAIR YOGA
 10:30 AM: SOMATICS
12:30 PM: MOVIE & POPCORN
5:00 PM DINNER WITH FRIENDS

24
 9:45 AM: LINE DANCING
11:15 AM: EXERISE WITH THE DIRECTOR

27
9:30 AM: ANDY WARHOL MUSEUM
 10:30 AM: CHAIR YOGA
 11:00 AM: WALMART
1:00 PM: BRIDGE
1:30 PM: SS ENERCHI

28
9:00 AM: FIT GROUP DRUMS
 10:00 AM: SS STABILITY & BALANCE
11:00 AM: ON THE MOVE
 1:00 PM: GAME DAY

29
8:45 AM: YOGA 1
 10:00 AM: SIT, KNIT, CROCHET
 10:00 AM: CRAFTS
10:30 AM: BLOOD PRESSURE
11:30 AM: SS CIRCUIT
 1:00 PM: BINGO

30
9:00 AM : CHAIR YOGA
 10:30 AM: SOMATICS
1:00 PM: WHAT MEDICARE DOESN'T COVER



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10:30 AM: CHAIR YOGA 12:30 PM: ACTIVITY PLANNING MEETING 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>3</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO</p>	<p>4</p> <p>8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 11:30 SS CIRCUIT 1:00 PM: BINGO</p>	<p>5</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>6</p> <p>9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>9</p> <p>10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>10</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY</p>	<p>11</p> <p>8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>12</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: SINGLE PAYER HEALTHCARE</p>	<p>13</p> <p>9:45 AM: LINE DANCING 11:15 AM: EXERISE WITH MARYANN</p>
<p>16</p> <p>10:30 AM: CHAIR YOGA 11:00 AM: RIVERS CASINO 11:30 BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>17</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM: ST. PATRICK'S DAY PARTY 1:00 PM: GAME DAY/BUNCO</p>	<p>18</p> <p>8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10;30 AM: BLOOD PRESSURE 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>19</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30: OVERCOMING LONELINESS</p>	<p>20</p> <p>9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>23</p> <p>10:30 AM: CHAIR YOGA W/ NANCY 12:00 PM: BOWLING & LUNCH 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>24</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM: HAPPY BDAY LUNCH 1:00 PM: GAME DAY</p>	<p>25</p> <p>8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>26</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: MOVIE & POPCORN 5:00 PM DINNER WITH FRIENDS</p>	<p>27</p> <p>9:45 AM: LINE DANCING 11:15 AM: EXERISE WITH MARYANN 12:00 PM: UPMC MEMORY TIPS</p>
<p>30</p> <p>10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>31</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY 1:00 PM: FLEA MARKET PREP</p>			

