

CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
<p>1 9:30—Armchair Exercise— In-Person (RM#5) 10:00—New Orleans Trip Meeting 10:15—Cardio Drumming Exercise Class (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR)</p>	<p>2 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00— Bible Study (RM #5) 10:30—Bridge (DR) move to Room #5 at lunch time 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 1:00—3:00—Bingocize (DR) 1:00—New Century Club Meeting 6:00—Tai Chi with Spike</p>	<p>3 9:30—Armchair Exercise—In-Person (DR) 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 11:30—Blood Pressure Checks 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00— Mat Yoga with Elena</p>
<p>8 9:30—Armchair Exercise— In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR)</p>	<p>9 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00— Bible Study (RM #5) 10:30—Bridge (DR) 11:00—Depart for LFHS Pool 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 6:00—Tai Chi with Spike</p>	<p>10 9:30—Armchair Exercise—In-Person (DR) 10:00— Noon—Stand-By-Me (RM#3) 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00— Mat Yoga with Elena</p>
<p>15 9:30—Armchair Exercise— In-Person (RM#5) 10:15— Arts & Crafts (DR) 10:15—Cardio Drumming Exercise Class (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Paint Night (DR)</p>	<p>16 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00—Bible Study (RM #5) 10:30—Bridge (DR) 11:00—Depart for LFHS Pool 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 1:00—Members Meeting (DR) In-Person & Zoom 6:00— Tai Chi with Spike</p>	<p>17 9:30—Armchair Exercise In-Person (DR) 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00—Mat Yoga with Elena</p>
<p>22 9:30—Armchair Exercise— In-Person (RM#5) 10:15—Cardio Drumming Exercise Class (RM#5) 10:15—Pace your Life—Succulent Planting & Snacks 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR)</p>	<p>23 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00—Bible Study (RM #5) 10:30—Bridge (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 6:00— Tai Chi with Spike</p>	<p>24 9:30—Armchair Exercise—In-Person (DR) 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 11:30—Blood Pressure Checks 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00—Mat Yoga with Elena</p>
<p>29 9:30—Armchair Exercise— In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Arts & Crafts (DR)</p>	<p>30 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00—Bible Study (RM #5) 10:30—Bridge (DR) 11:00—Depart for Dine Around Vincenzos Pizzeria 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 6:00—Tai Chi with Spike</p>	

APRIL 2024

Thursday	Friday	Saturday
<p>4 9:00—Trip Sign Up Day(RM#1) 9:00—11:00—Matter of Balance (DR) 9:30— Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Depart for Bowling 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (RM#3)</p>	<p>5 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 10:00—1:00— Stand By Me Appointments 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Computer Tech (RM#5)</p>	<p>6 New Orleans Trip Departs at 8:00 am from Delaware State Fairgrounds. Arrive by 7:30 am</p>
<p>11 9:00— 11:00 —Matter of Balance (DR) 9:30— Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (RM#3) 6:00—Line Dancing (DR) 6:00—Board Meeting (RM#5) BIRTHDAY PARTY</p>	<p>12 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:15—Mindfulness Session (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Bingo (DR) In-Person & Zoom</p>	<p>13 14 New Orleans Trip arrives back at approximately 5:45 pm</p>
<p>18 9:00—11:00 —Matter of Balance (DR) 9:30—Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) 12:30—Depart for Bowling 1:00—Cribbage & Other Board Games (DR) 6:00—Sign Painting Workshop (DR)</p>	<p>19 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 10:30—Depart for Dover Mall Walk 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Computer Tech (RM#5)</p>	<p>20</p>
<p>25 9:00 —11:00—Matter of Balance (DR) 9:30— Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (RM#3) 1:00— 3:00—Bingocize (DR) 6:00—Line Dancing (DR)</p>	<p>26 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR)</p>	<p>27 28—Sunday 2:00 pm—4:00 pm Bingocize</p>