

April 2024 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 10 a.m. Coffee & Creative Writing 2 p.m. Coloring for Relaxation	2 10 a.m. SilverSneakers Circuit 11 a.m. 5 Steps for Advance Care Planning	3 10 a.m. Crafty Corner: Jewlery Making (Space Limited, Call to RSVP) 2 p.m. Bingo	4 10 a.m. SilverSneakers Circuit 11 a.m. SilverSneakers Chair Exercise 2 p.m. Coffee & Card Games: Kings in the Corner	5 12 p.m. Movie & Popcorn: Finding Nemo
8 10 a.m. Dominoes & Donuts 2 p.m. Coffee & Get to know each other	9 10 a.m. SilverSneakers Circuit 11 a.m. Battling Dangerous Belly Fat	10 10 a.m. Crafty Corner: Canvas Bag Painting 2 p.m. Bingo	11 10 a.m. SilverSneakers Circuit 11 a.m. SilverSneakers Chair Exercise 2 p.m. Coffee & Card Games: Uno	12 12 p.m. Movie & Popcorn: Finding Dory
15 10 a.m. Coffee & Get to Know Each other 2 p.m. Board Games: Scrabble	16 10 a.m. SilverSneakers Circuit 11 a.m. Get Smart About Food Labels	17 10 a.m. Crafty Corner: Flowerpot painting 2 p.m. Bingo	18 9 a.m. (Until supplies last) Fresh Food Distribution 9:30 a.m. SilverSneakers Walking Club 2 p.m. Classic TV Hour: I Love Lucy	19 11 a.m. Movie & Popcorn: Freaky Friday
22 10 a.m. Meditation Monday 2 p.m. Chess & Cookies	23 10 a.m. SilverSneakers Circuit 11 a.m. How Nutrition Changes as You Age	24 10 a.m. Crafty Corner: Birdhouse Painting 2 p.m. Bingo	25 10 a.m. SilverSneakers Circuit 11 a.m. SilverSneakers Chair Exercise 2 p.m. Classic TV Hour: I Love Lucy	26 12 p.m. Movie & Popcorn: The Wizard of Oz
29 10 a.m. Board Games: Monopoly	30 10 a.m. SilverSneakers Circuit 11 a.m. Superfoods	<div>  <div> Colonial Promenade 313 Cypress Garden Blvd. Winter Haven, FL 33880 </div> </div>		