

## April 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PROGRAM</b> <b>LOCATIONS:</b> <span style="background-color: #add8e6;">Inside/Upper Level</span> <span style="background-color: #ffcc99;">Inside/Lower Level</span>	All activities are free except: <ul style="list-style-type: none"> <li>• Tai Chi</li> <li>• Thursday Yoga</li> <li>• Line Dancing</li> </ul> Monthly or weekly payment options.			<b>1 9:00 Group Leaders Mtg</b>  10:00 Novice Tai Chi 11:00 Tai Chi  10:00 Peer Support Group
<b>4</b> 10:00 Novice Tai Chi 11:30 Tech Support Noon: Congregate Sit Down Meal! 12:30 Adult Coloring 12:30 Mahjongg 3:00 PAC Meeting	<b>5</b> 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	<b>6</b> <span style="color: green;">Grab n Go pick-up 11:00-12:00</span>  9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing	<b>7</b> <span style="color: green;">Free Groceries 10:00-11:30</span> 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>8</b> 10:00 Novice Tai Chi 11:00 Tai Chi  10:00 Peer Support Group
<b>11</b> 10:00 Novice Tai Chi 11:30 Tech Support Noon: Congregate Sit Down Meal! 12:30 Adult Coloring 12:30 Mahjongg 1:00 Art w/Camielle!	<b>12</b> 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	<b>13</b> <span style="color: green;">Grab n Go pick-up 11:00-12:00</span>  9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing	<b>14</b> <span style="color: green;">Free Groceries 10:00-11:30</span> 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>15</b> 10:00 Novice Tai Chi 11:00 Tai Chi  10:00 Peer Support Group
<b>18</b> 10:00 Novice Tai Chi 11:30 Tech Support Noon: Congregate Sit Down Meal! 12:30 Mahjongg 12:30 Adult Coloring	<b>19</b> 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	<b>20</b> <span style="color: green;">Grab n Go pick-up 11:00-12:00</span>  9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing	<b>21</b> <span style="color: green;">Free Groceries 10:00-11:30</span> 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>22</b> 10:00 Novice Tai Chi 11:00 Tai Chi  10:00 Peer Support Group
<b>25</b> 10:00 Novice Tai Chi Noon: Congregate Sit Down Meal! 11:30 Tech Support 12:30 Mahjongg 12:30 Adult Coloring	<b>26</b> 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	<b>27</b> <span style="color: green;">Grab n Go pick-up 11:00-12:00</span>  9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing	<b>28</b> <span style="color: green;">Free Groceries 10:00-11:30</span> 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>29</b> 10:00 Novice Tai Chi 11:00 Tai Chi  10:00 Peer Support Group

## *April 2022 Announcements & Special Programming*

Peer Support Group, Fridays,  
10 am. Offering comfort, care,  
and connection. Call Jean Cass,  
retired social worker, at (802)  
363-0691 to register.

### Participant Advisory Council

Planning for our future, together!  
Questions: Martha Molpus,  
Board Member at Large,  
(802) 652-0323.

**\*First\* Monday this month, 3:00.**

### **ART with Camielle**

### **Easy Landscape Painting with Acrylics**

**Monday April 11<sup>th</sup>, 1:00 pm**



**Walk of Ages will be held Saturday, May 21, 10 am to Noon.  
Planning Committee is meeting every Monday from 2:00-3:00 pm.  
Please join us!**

**Trader Joe's is supplying us with fresh flowers every Sunday. We need a couple of volunteers to arrange flowers on Monday mornings. Please reach out to Andrea if you are interested.**