

APRIL 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 11:00am Chair Yoga (MT) 1:30pm – Falls Prevention Fitness (MT)	<b>2</b> 1:30pm Stretch & Strengthen (MT)	<b>3</b> <b>CLOSED</b> (GOOD FRIDAY)	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> 1:30pm – Falls Prevention Fitness (MT)	<b>8</b> 11:00am Chair Yoga (MT) 1:30pm – Falls Prevention Fitness (MT)	<b>9</b> 1:30pm Stretch & Strengthen (MT)	<b>10</b> 10:30am Stretch & Strengthen (DR) 11:00am Health & Hydration Social (BC)	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> 1:30pm – Falls Prevention Fitness (MT)	<b>15</b> 11:00am Chair Yoga (MT) 1:30pm – Falls Prevention Fitness (MT)	<b>16</b> 10:45am Walkercise (DR) 1:30pm Stretch & Strengthen (MT)	<b>17</b> 10:30am Stretch & Strengthen (DR) 11:00am Health & Hydration Social (BC)	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> 1:30pm – Falls Prevention Fitness (SAM)	<b>22</b> 11:00am Chair Yoga (SAM) 1:30pm – Falls Prevention Fitness (SAM)	<b>23</b> 10:45am Walkercise (SAM) 1:30pm Stretch & Strengthen (SAM)	<b>24</b> 10:30am Stretch & Strengthen (SAM) 11:00am Health & Hydration Social (BC)	<b>25</b> <b>Legend</b> SAMUALS (SAM) BUBBI'S CAFÉ (BC) MOVIE THEATRE (MT) RUTH SHERMAN (RS) DINING ROOM, 1 <sup>st</sup> Floor
<b>26</b>	<b>27</b>	<b>28</b> 1:30pm – Falls Prevention Fitness (SAM)	<b>29</b> 11:00am Chair Yoga (SAM) 1:30pm – Falls Prevention Fitness (SAM)	<b>30</b> 10:45am Walkercise (SAM) 1:30pm Stretch & Strengthen (SAM)		