

CALENDAR of EVENTS for APRIL 2015

Ongoing Programs

Monday

8:30-5 Fitness Ctr.
8:30-5 Play Pool, Ping-Pong
8:30-5 Tech Lab Open
9:00 Café/ Breakfast (*Eggs on Mon thru Feb*)
9:30 Stretch/Strength
10:30 Enhance Fitness at Pensdale
10:45 Meditation
11:00 Music Lessons
11:30 Yoga
12:00 Lunch
1:00 Classic Tones

Tuesday

8:30-5 Fitness Ctr.
8:30-5 Play Pool, Ping Pong
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9 :00 Walking Group
10:00 Beading
10:30 Men's Group
11:00 Sent. Chorus
12:00 Lunch
1:00 Tai Chi
1:00 Next Chapter
1-2:30 Computer Lab

Wednesday

8:30-5 Fitness Ctr.
8:30-5 Pool, Ping Pong
9 :00 Café/Breakfast
9 :00 Knit & Crochet
9:15 Silver Sneakers Classic
10:00 Line Dancing
12:00 Lunch
12:45 Bingo
2-3 Gentle Yoga on Chair or Mat (New)

THURSDAY

8:30-5 Fitness Ctr.
8:30-5 Pool, Ping Pong
8:30-5 Tech Lab Open
9 :00 Café/Breakfast
9 :00 Walking Group
10:00 Weaving
10:00 Yoga Rhythmic
12:00 Lunch
12:45 Bingo
1:00 Tai Chi
1-2:30 Computer Lab or Tutoring - By appt.
2:30 Threads Fitness (New)

FRIDAY

8:30-5 Fitness Ctr.
8:30-5 Open Tech Lab
8:30-5 Pool, Ping Pong
9 :00 Café/Breakfast
9:15 Sneakers Classic
10:45 News & Views
11:00 Enhance Fitness
12:00 Lunch
12:30 Painting & More
1:00 Pinochle / Bridge
1:00 Writers Group (1& 3rd Fri. of Month)
2:00 Digital Photo On

JW NOW HAS WIFI & IPADS!!!		1	2 12:00 Easter Luncheon Menu: Baked Ham with Pineapple Glaze, Rosemary Potatoes, Green Almondine & Strawberry Shortcake	3 1:00 Movie Matinee
6 12:30 Reading Buddies	7 1:00 Financial Meeting	8 10:00 Blood Pressure Screening & Med Review 11:00 Anxiety & Insomnia Presentation 12:30 AARP (1 Day)	9 11:15 Story Telling Workshop (Best Day In My Life...So Far)	10 1:00 Movie Matinee
13 10:00 Diversity Dolls Workshop (Session 1) 12:30 Reading Buddies	14 9:30 Advisory Council 11:00 Garden Club Meeting 12:00 CHEF'S SPECIAL	15	16 11:15 Story Telling Workshop (Best Day In My Life...So Far)	17 1:00 Movie Matinee TRIP: Depart JW @ 10 Franklin Institute
20 10:00 Diversity Dolls Workshop (Session 2) 11:15 Nutrition 4 Life Ruby Davis-Physical Fitness 12:30 Reading Buddies	21	22 11:15 Ask the Housing Counselor 12:30 AARP (2 Day)	23 11:15 Story Telling Workshop (Best Day In My Life...So Far) 12:30 AARP (2 Day) 5:30 -7:30 Volunteer Dinner	24 1:00 Movie Matinee
27 10:00 Diversity Dolls Workshop (Session 3) 12:30 Reading Buddies	28 11-12 SEDER 12:00 LUNCH CLUB	29 BINGO CANCELLED	30 9-12 Wellness & Resource Fair Journeys Way RMH RMH School of Nursing	