

# APRIL

## Program for Active Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:15 am : Sit Down and Tone Up ( Upper Extremity) East - Family Room West - Parkview	<b>2</b> 9:30 am : Dance East + West - Patioview	<b>3</b> 9:15 am : Sit Down and Tone Up ( Lower Extremity) East - Family Room West - Parkview	<b>4</b> 9:15 am : Posture + Core East - Family Room West - Parkview	<b>5</b>
<b>6</b>	<b>7</b> 9:15 am : Thai Chi East - Family Room West - Parkview	<b>8</b> 9:15 am : Sit Down and Tone Up (Upper Extremity) East - Family Room West - Parkview	<b>9</b> 9:30 am : Dance East + West - Patioview	<b>10</b> 9:15 am: Sit Down and Tone Up (Lower Extremity) East - Family Room West - Parkview	<b>11</b> 9:15 am : Posture + Core West - Parkview	<b>12</b> 9:15 am : Posture + Core East - Family Room
<b>13</b> 9:15 am : Thai Chi East - Family Room	<b>14</b> 9:15 am : Thai Chi West - Parkview	<b>15</b> 9:15 am : Sit Down and Tone Up (Upper Extremity) East - Family Room West - Parkview	<b>16</b> 9:30 am : Dance East + West - Patioview	<b>17</b> 9:15 am : Sit Up and Tone Down ( Lower Extremity) East - Family Room West - Parkview	<b>18</b> Good Friday	<b>19</b>
<b>20</b>	<b>21</b> Easter Monday	<b>22</b> 9:15 am : Sit Down and Tone Up (Upper Extremity) East - Family Room West - Parkview	<b>23</b> 9:30 am : Dance East + West - Patioview	<b>24</b> 9:15 am : Sit Up and Tone Down ( Lower Extremity) East - Family Room West - Parkview	<b>25</b> 9:15 am : Posture + Core East - Family Room West - Parkview	<b>26</b>
<b>27</b>	<b>28</b> 9:15 am : Thai Chi East - Family Room West - Parkview	<b>29</b> 9:15 am: Sit Down and Tone Up (Upper Extremity ) East - Family Room West - Parkview	<b>30</b> 9:30 am : Dance East + West (Patioview)	<div data-bbox="1765 1663 3039 1961" data-label="Complex-Block"> <p><b>National Volunteer Week</b>            April 27–May 3</p> </div>		