## 1472 Roth's Church Road, Suite 103 Spring Grove, PA 17362

WEEKDAYS 8:30-2:30 717-225-0733

**April 2023** 

MON	TUE	WED	THU	FRI
3 9T'ai Chi Chih 9Chair Yoga 9:45Walking Club 10Breakfast Briefing 11Chair Exercise	4 8 & 9Silver Sneakers Class 10Now You Have It 10Beginners Line Dance 10Pinochle 11Line Dancing 11Chair Volleyball 12:30Singles Meet & Greet 1Ballroom Dance	5 8:30Breakfast in the Café 9Chair Yoga 9Welcoming Committee 9:30Card Making w/ Sue 9:45Walking Club 10Bible Study Discussion 10:30Chair Exercise 11Chair Volleyball w/ Rep Seth Grove	6 Dessert Auction 8 & 9Silver Sneakers Class 8:30AARP Income Tax Prep 10Dessert Auction 10500 Bid Card Game 10Yarn Workers 118-Ball Billiards 11Chair Volleyball 12:30Yoga	7 Center Closed HAPPY EASTER
9T'ai Chi Chih 9Chair Yoga 9:15Dime Bingo 9:45Walking Club 11Chair Exercise 5Quilts for Kids	11 Easter Party & Meal 8 & 9Silver Sneakers Class 10Entertainment by John Pepsin 10Pinochle 10Beginners Line Dance 11Line Dancing 11Chair Volleyball 1Ballroom Dance	8:30Breakfast in the Café 8:30 amWell-checks 9Chair Yoga 9PA MEDI (appt only) 9:45Walking Club 10Bible Study Discussion 11Chair Exercise	8 & 9Silver Sneakers Class 8:30AARP Income Tax Prep 9:30-11:30Quilts for Kids 10Craft w/ Holly & Jenna 10500 Bid Card Game 118-Ball Billiards 11Chair Volleyball 12:30Yoga	9Quarter Bingo 9:45Walking Club 10Tap Dancing 10:15Drumming Exercise 11Show Me Your Muscles 4-7Food Truck Event fea. DJ Chris Wagman at Little Creek Comm. Park
9T'ai Chi Chih 9Chair Yoga 9:45Walking Club 10Scrapbooking w/ Bev 11Chair Exercise 5Quilts for Kids	8 & 9Silver Sneakers Class 10Word Link 10Pinochle 10Beginners Line Dance 11Line Dancing 11Chair Volleyball 12:30Singles Meet & Greet 1Ballroom Dance	19 8:30Breakfast in the Café 9Chair Yoga 9:45Walking Club 10Paint w/ Pat 11Chair Exercise 11:30Volunteer Appreciation Pizza Party	8 & 9Silver Sneakers Class 10Book Club 10Yarn Workers 10500 Bid Card Game 118-Ball Billiards 11Chair Volleyball 11:15Lunch & Learn—Drayer 12:30Yoga	9Quarter Bingo 9:45Walking Club 10Tap Dancing 10:15Drumming Exercise 11Show Me Your Muscles
9T'ai Chi Chih 9Chair Yoga 9PA MEDI (appt. only) 9:15Dime Bingo 9:45Walking Club 11Chair Exercise	25 8 & 9Silver Sneakers Class 10Boggle 10Pinochle 10Beginners Line Dane 11Line Dancing 11Chair Volleyball 1Ballroom Dance	26 8:30Breakfast in the Café 8:30-12Chair Massage (by appt) 9Chair Yoga 9:45Walking Club 10Watercolor w/ Katie 11Chair Exercise 1Memory Café	27 Party Day! 8 & 9Silver Sneakers Class 10Birthday/Anniversary Party fea. Wayne & Gene 10500 Bid Card Game 11Chair Volleyball 118-Ball Billiards 12:30Yoga	28 8:30Blood Pressure Checks 9Quarter Bingo 9:45Walking Club 10Tap Dancing 10:15Drumming Exercise 11Show Me Your Muscles
Thank you to the many volunteers who give their time and talents to our center each month! We couldn't do all of this without you!			<u>Daily</u> 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room 8:30-2:30Pool Room 11:30 - Takeout Lunch 12 - Congregate Lunch	Mon & Fri- Beg. Pickleball 1 pm Mon / Wed - Open Gym - 60+ Basketball 8:30-10 Tues/Wed/Thurs. Pickleball 1 pm *** GLATCO Credit Union Mini Branch at Windy Hill Thursdays 9:30-11:30 am

\*Activities may change if conditions warrant.