



Austin Classes

April 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 For more information about Aging is Cool, www.agingiscool.com Questions? info@agingiscool.com 512.790.(COOL) 2665	2	3 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar	4 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice	5 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	6 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar	7
8 Volunteering and Demo Day at HorseLink in Bastrop 12 p.m.- 4 p.m. Carpool from Austin RSVP to info@agingiscool.com	9 Morning Park Walk 10:30 a.m. Dick Nichols Park 8011 Beckett	10 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar	11 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	12 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	13 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar	14
15	16 Egypt and Its Wonders 1:30 p.m. Belmont Village 4310 Bee Cave Rd	17 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar	18 Aging Together Discussion Group 1:30 p.m. Elan SouthPark 9320 Alice Mae	19 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	20 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar	21
22	23 Stay Social 1:00 Pok-e-Jos BBQ 4109 S. Capitol of TX Hwy (Brodie Oaks)	24 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar	25 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	26 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	27 Yoga 10 a.m. Balance Dance 4544 S. Lamar	28
29	30					



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