



APRIL 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|---|---|
| 1  | 2 10:30 Walking @ Y 2:30 Health & Wellness - <i>Personal Appearance</i> | 3 10:00 Pathways to Wellness 5:00 Peace of Mind | 4 10 - 11:30 Creative Circles @ Augustana Church | 5 1:30 Leisure Club - <i>Garden Markers</i> | 6 Birthday Club Easter Meal | 7  |
| 8 Nat'l Zoo Lover's Day  | 9 10:30 Walking @ Y 2:30 Health & Wellness - <i>How Healthy is That Drink?</i> | 10 10:00 Pathways to Wellness 5:00 Peace of Mind | 11  | 12 1:30 Leisure Club - <i>Sowing Seeds</i> | 13 10:45 Exercise Group @ PHMH 1:00 Bowling | 14  |
| 15  | 16 10:30 Walking @ Y 2:30 Health & Wellness - <i>Earth Day Reducing Plastics</i> 5 Movie Night | 17 10:00 Pathways to Wellness 5:00 Peace of Mind | 18 10 - 11:30 Creative Circles @ Augustana Church | 19 1:30 Leisure Club - <i>Maze Mania</i> | 20 10:45 Exercise Group @ PHMH 1:00 Bowling | 21 Organize Your Files Month |
| 22  | 23 10:30 Walking @ Y 2:30 Health & Wellness - <i>How Does Your Garden Grow?</i> | 24 9:00 Client Advisory Mtg. 10:00 Pathways to Wellness 5:00 Peace of Mind | 25 National Karaoke Week | 26 1:30 Leisure Club - <i>Library</i> | 27 10:45 Exercise Group @ PHMH 1:00 Bowling | 28  |
| 29 Lawn & Garden Month | 30 10:30 Walking @ Y 2:30 Health & Wellness - <i>Let's Review!</i> | |  | | | |