

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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<p><b>8a</b> Yoga Basics  <b>9:30a</b> Tutu's Quilters  <b>1:30p</b> Senior Fit Club  <b>5:15p</b> T'ai*Ga Chi Qi Gong &amp; Yoga Meditation</p>	<p><b>9:30a</b> Advanced Ukulele  <b>10a</b> Writers' Support Group  <b>12:30p</b> Knitting &amp; Knitting Support</p>	<p><b>8:15a</b> NIA Fitness Dance  <b>11a</b> Caregiving Conversations  <b>12:30p</b> Cancer Support Group For Women</p>	<p><b>10a</b> Carl Jung GroupStudy / Discussion  <b>10:30a</b> Zumba® Gold  <b>Noon</b> T'ai*Ga Chi Qi Gong &amp; Yoga Meditation</p>	<p><b>9:30a</b> Chair Yoga  <b>1:30p</b> Scrabble Meetup</p>	<p><b>SUNDAY 7</b>  <b>2:30p</b> Healing with Gemstones &amp; Crystals</p>
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<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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<p><b>8a</b> Yoga Basics  <b>9:30a</b> Tutu's Quilters  <b>1:30p</b> Senior Fit Club</p>	<p><b>9:30a</b> Advanced Ukulele  <b>10a</b> Writers' Support Group  <b>12:30p</b> Knitting &amp; Knitting Support</p>	<p><b>8:15a</b> NIA Fitness Dance  <b>1p</b> Parkinson's Support</p>	<p><b>10a</b> Carl Jung Group Study / Discussion</p>	<p><b>9:30a</b> Chair Yoga  <b>1:30p</b> Scrabble Meetup</p>	
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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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<p><b>8a</b> Yoga Basics  <b>9:30a</b> Tutu's Quilters  <b>1:30p</b> Senior Fit Club</p>	<p><b>9:30a</b> Advanced Ukulele  <b>10a</b> Writers' Support Group  <b>12:30p</b> Knitting &amp; Knitting Support  <b>4p</b> Beginner's Yoga</p>	<p><b>8:15a</b> NIA Fitness Dance  <b>5p</b> Plant Based Pot-Luck Hui</p>	<p><b>10a</b> Carl Jung Group Study / Discussion  <b>10:30a</b> Zumba® Gold  <b>5:30p</b> The Speed of Light</p>	<p><b>9:30a</b> Chair Yoga  <b>1:30p</b> Scrabble Meetup  <b>5:30p</b> Health Advocacy Learning &amp; Support</p>	<p><b>10a</b> Will vs. Trust  <b>2p</b> Wisdom Sharing • Synergy</p>
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<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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<p><b>8a</b> Yoga Basics  <b>9:30a</b> Tutu's Quilters  <b>1:30p</b> Senior Fit Club</p>	<p><b>9:30a</b> Advanced Ukulele  <b>10a</b> Writers' Support Group  <b>12:30p</b> Knitting &amp; Knitting Support  <b>4p</b> Beginner's Yoga</p>	<p><b>8:15a</b> NIA Fitness Dance</p>	<p><b>10a</b> Carl Jung Group Study / Discussion</p>	<p><b>9:30a</b> Chair Yoga  <b>1:30p</b> Scrabble Meetup</p>	<p><b>10:30a</b> Harmony for Health  <b>1:30p</b> Fluid Painting Family Fun Workshop!</p>
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<b>29</b>	<b>30</b>				
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<p><b>8a</b> Yoga Basics  <b>9:30a</b> Tutu's Quilters  <b>1p</b> AARP Safe Drivers' EDU.</p>	<p><b>9:30a</b> Advanced Ukulele  <b>10a</b> Writers' Support Group  <b>12:30p</b> Knitting &amp; Knitting Support  <b>5:30p</b> Thriving in Hawaii</p>
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**APRIL 2019**