



APRIL 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Haircuts by Jacque</i> Spanish Yoga w/Ivette; Chair Exercise w/ Myron AM Crafts PM	2 Yoga w/Sally AM BINGO PM	3 Tech Access; Cardio Drum w/Andrea AM Let's Visit—Germany; Bible Study PM	4 Yoga w/Sally AM BINGO PM	5* <i>Rockhurst OT Visit</i> Visiting Nurse—All; Tai Chi w/Nina AM Crocheting; Vietnam- ese Karaoke PM	6
	8 <i>Rockhurst OT Visit</i> Spanish Yoga w/Ivette AM Junk Journaling PM	9 <i>Rockhurst OT Visit</i> Mind-Body w/Nina AM BINGO PM	10 Health Clinic; Cardio Drum w/Andrea AM Bible Study PM	11 Yoga w/Sally AM BINGO PM	12 <i>Rockhurst OT Visit</i> Tai Chi w/Nina AM Guitar Muse -performs; Vietnamese Karaoke PM	13
14	15 Spanish Yoga w/Ivette; Chair Exercise w/ Myron AM Crafts PM	16 Cardio Drum w/ Andrea AM BINGO PM	17 Cardio Drum w/ Andrea AM Let's Visit—Tokyo; Bible Study PM	18 Yoga w/Sally AM BINGO PM	19 <i>Rockhurst OT Visit</i> Tai Chi w/Nina AM Crocheting; Vietnam- ese Karaoke PM	20
21	22 Spanish Yoga w/Ivette; AM Junk Journaling PM	23 Mind-Body w/Nina AM BINGO PM	24 Tech Access; Cardio Drum w/Andrea AM Bible Study PM	25 Yoga w/Sally AM BINGO PM	26 Tai Chi w/Nina AM Vietnamese Karaoke; Hambonz perform PM	27
28	29 Spanish Yoga w/Ivette; Chair Exercise w/ Myron AM Crafts PM	30 Yoga w/Sally AM BINGO PM		Class start times: AM - 10:30 PM - 12:30	* <i>Bishop Miegé Vols—9 AM—12 Noon</i> Note: <i>Nursing Students here on Thursdays</i>	