


# APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercises in the vitality room M,W, & F @ 8:30am w/ videos			Merry Widows <b>1</b> 10:30 Tai Chi w Dhyana 1pm Shen Zhen w Lisa 5-6pm Grief support	<b>Grand Junction leaves at Sam</b> <b>2</b>	Jelly bean contest <b>3</b> <i>Easter Fun @ lunch</i> Tech help w/Ray call 259-6623	<b>4</b>
<i>EASTER</i> <b>5</b> 	9:30 BINGO <b>6</b> 10:30 Dancing w/ Deana 12:40 Writers group	<i>Coffee/tea 10am</i> <b>7</b> <b>Coffee Cake Day</b> 1:45 pm Mahjong 2:30 Chair yoga	<i>10am Adventure Club</i> <b>8</b> 10:30 Tai Chi 1pm Shen Zhen 4-5 Dementia care group	Progressive <b>9</b> Dinner 4pm Sign up in advance	<b>10</b> Wear blue today in support of child abuse prevention.	<b>11</b>
<b>12</b>	9:30 BINGO <b>13</b> 10:30 DWD 12:40 Mexican Train Dominos	<i>Coffee/tea 10am</i> <b>14</b> 1:45 Mahjong 2:30 Seated chair yoga	<i>Take a wild guess day</i> <b>15</b> 10:30 Tai Chi w Dhyana 1pm Shen Zhen w Lisa 5-6pm Grief support	<b>16</b> CRAFT DAY 10AM	Margaret Maki <b>17</b> 100 birthday celebration @ 11 am Tech help w/Ray call 259-6623	<b>18</b>
<b>19</b>	9:30 BINGO <b>20</b> 10:30 DWD	<i>Get up &amp; Go</i> <b>21</b> 1:45 Mahjong 2:30 Seated chair yoga	10:30 Tai Chi <b>22</b> 1pm Shen Zhen 4-5 Dementia care group	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	9:30 BINGO <b>27</b> 10:30 DWD 12:40 Mexican Train Dominos	<i>Coffee/tea 10am</i> <b>28</b> 1:45 Mahjong 2:30 Seated chair yo-	10:30 Tai Chi 1pm Shen Zhen <b>29</b> 10am Book Club Behind the beautiful forevers Katherine Boo	<b>30</b>	