

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics <small>All Souls Day</small>	2 11am-Hearing Aid Assistance Program 11:45am-Lunch(\$4) 1pm-Cards/Games	3 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class	4 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	5 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Seven Brides for Seven Brothers" 3pm-YMCA Exercise(\$5)	6
7	8 8am-Health Fair 1pm-Alzheimer's Support Group 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	9 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft	10 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class	11 10am-BP/BS Screening 11am-MMH-Donate Life 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	12 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "The Reluctant Astronaut" 3pm-YMCA Exercise(\$5)	13
14 <small>Palm Sunday</small>	15 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	16 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	17 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class	18 11am-Easter Party 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	19 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Letters to Juliet" 3pm-YMCA Exercise(\$5) <small>Good Friday</small>	20
21 <small>Easter Sunday</small>	22 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics <small>Earth Day</small>	23 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	24 9am-Chair Volleyball 11:30am-Lunch and Learn (RSVP) (\$5) 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class	25 11am-Red Cross 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	26 9:30am-Bible Discussion Group 11am-Journaling 1pm-Heart to Heart Harp Concert 3pm-YMCA Exercise(\$5) <small>Arbor Day</small>	27 Drug Take Back Day 10am-2pm
28	29 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	30 11am-Kentucky Derby 11:45am-Lunch(\$4) 1pm-Cards/Games	<h1>April 2019</h1> <h2>Belpre Senior Center</h2> <h3>Activities</h3>			