

Announcements

Events

April 4th: Art Social; Flower decoration
 April 12th 10:00 AM Hydration Coffee Talk: Shane
 April 26th 10:00 AM Prepped AZ Coffee Talk

Monday

10-11am Care Partners (Hybrid)
 1:30-2:30pm Women's Group (Hybrid/**April 8th and 22nd**)
 1:30-2:30pm In person Speech
 2:30-3:30pm in person Music
 3:30-4:30pm Music Therapy (Zoom)

Tuesday

3:30-4:30pm In person Men's Group

Wednesday

9-10am Dance (Hybrid)
 1-2pm Zoom Speaking Group

Thursday

1:30-2:30pm Book Club (18th) (Hybrid)

Friday

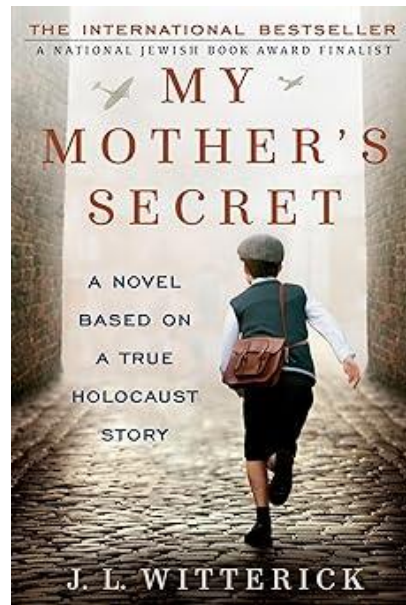
10-11am Coffee Talk (Hybrid)

Monday	Tuesday	Wednesday	Thursday	Friday
1 8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	2 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 PWR! One 12:30-1:20 One Boxing 10-10:50 PWR! One 2:30-3:20 PWR! One	3 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	4 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	5 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:30-12:20 PWR! One 12:30-1:20 PWR! One 1-2 Moves Boxing 2-3 PWR! Moves
8 8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	9 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	10 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	11 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	12 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:30-12:20 PWR! One 12:30-1:20 PWR! One 1-2 Moves Boxing 2-3 PWR! Moves
15 8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	16 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	17 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	18 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	19 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:30-12:20 PWR! One 12:30-1:20 PWR! One 1-2 Moves Boxing 2-3 PWR! Moves
22 8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	23 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	24 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	25 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	26 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:30-12:20 PWR! One 12:30-1:20 PWR! One 1-2 Moves Boxing 2-3 PWR! Moves
29 8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	30 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	1	2	3

Book Club

April 18th: Discuss “My Mother’s Secret”

By: J.L. Witterick



April 19th: Start “I’ll Push You”

By: Patrick Gray
and
Justin Skeesuck

