

Weekly Classes & Events

MONDAYS

JEWELRY CLASS • 10AM-12PM

Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and much more. Cost: \$3.00

BINGO • 9:30-11AM

In the Exercise Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 12:45-2PM

Let's improve our health with a low impact chair exercise. Cost: \$1.00

TUESDAYS

POTTERY CLASS • 10AM-12PM

Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines. Now is the time to show off your talent! Cost: \$3.00

MR. BROWN'S COMPUTER CLASS • 10-11AM

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

CHAIR MASSAGE • 10AM (APR 2 & 16)

Please make sure you sign-up to get a massage with John Johnson. Cost: \$2.00

SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest line dance hits. Cost: \$1.00

THE NEW MAKE IT & TAKE IT CLASS • 12:30-2:30PM

Make beautiful hand crafted items that you can take home. Cost: \$2.00

PLEASE NOTE:

There will be a Fire Drill:
April 16 & October 22 at 10:00am

WEDNESDAYS

BINGO • 9:30-11AM

In the Exercise Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

PAINTING CLASS • 10AM-12PM

In the Art Room
Join our painting class with Sheena Garcia. This class will allow you to express yourself through painting. Cost: \$2.00

BIBLE STUDY • 10-10:45AM

Join Jewelyn Williams for a non-denominational study of the Bible. Free

FITNESS CLASS WITH NOEL • 10:30AM

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls. Cost: \$1.00

PAPER MACHE CLASS • 12:30-2:30PM

In the Art Room
Learn this artform with Sheena Garcia. Cost: \$2.00.

THURSDAYS

ART & CRAFTS CLASS • 10AM

Create one of a kind beautiful art piece. Cost: \$2.00

PHENOMENAL WOMEN • 10-11AM

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out! Free.

CREATE A STITCH WITH A TWIST • 12:30-2:30PM

Join Deborah Garlington on Thursdays to learn the basics about sewing, to move on to creating your very own garment. Cost: \$2.00

"IT'S A MIND THANG"

Let's stimulate our brains with something different! Word Search, Crosswords Puzzles, Easy Word Finds, Word Scramble, Brain Games and Number Search. It's inside the Newsletter!

Pinochle & Pitty-Pat Are Back!!!!

Tuesdays, 11:30am-2:30pm
Wednesdays, 10:00am-2:30pm
Fridays-11:30am-2:30pm

FRIDAYS

BINGO • 9:30-11AM

In The Dining Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

BIBLE STUDY • 10-11AM

Join Minister Calvin Myers for this non-denominational study group. Free.

CALL IN ONLY#: 1-701-802-5063

Password: 849 577

CROCHET CLASS • 10AM-12PM

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00

LINE DANCING W/GLORIA • 10-11AM

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest dance hits. Cost: \$1.00

YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

NOTABLE DAYS IN APRIL

- 1 April Fool's Day
- 4 National School Librarian Day
- 6 National Love Our Children Day
- 7 World Health Day
- 9 Last Day of Ramadan
- 10 National Siblings Day
- 11 National Pet Day
- 14 National Gardening Day
- 15 World Art Day
- 15 Jackie Robinson Day
- 16 Emancipation Day
- 17 Administrative Professionals Day
- 20 Husband Appreciation Day
- 22 Earth Day
- 26 Arbor Day