

# April Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>10:00am:</b> Inspirational Readings  <b>11:00am:</b> Drumming**	<b>2</b> <b>10:00am:</b> Financial Security with Primerica  <b>11:00am:</b> Tai Chi  <b>1:00pm:</b> Tai Chi	<b>3</b> <b>10:00am:</b> Bingo with Billy/Woodman of the World (50 Cents/Card)*  <b>11:00am:</b> Ageless Grace  <b>1:00pm:</b> Chair Yoga	<b>4</b> <b>9:30am:</b> Gwinnett Environmental and Heritage Center Field Trip (Tiny Titans: Dinosaur Eggs and Babies/Blue Planet)  <b>10:00am:</b> Chickenfoot Dominoes  <b>11:00am:</b> Lower Back Injury Prevention Exercises	<b>5</b> <b>10:00am:</b> Goodwill Microtransit Field Trip  <b>11:00am:</b> MyPlate "How Much Should I Eat?" (Serving and Portion Sizes) Nutrition Education  <b>1:00pm:</b> Soul Line Dancing
<b>8</b> <b>10:00am:</b> Site Council Meeting  <b>11:00am:</b> Music Therapy  <b>Free field trip!</b> <b>1:00pm:</b> Norcross Cultural Arts and Community Center "Crazy Rich Asians" Movie ( <i>Limited Space</i> )	<b>9</b> <b>10:00am:</b> Creating Google Documents with Centerville Branch Library  <b>11:00am:</b> Tai Chi  <b>1:00pm:</b> Tai Chi	<b>10</b> <b>10:00am:</b> SeniorBSafe with Fire and Emergency Services Station 06  <b>11:00am:</b> Ageless Grace  <b>1:00pm:</b> Chair Yoga	<b>11</b> <b>9:45am:</b> Bowling Field Trip (\$2/Game and \$2/Shoes)*  <b>10:00am:</b> Finger Fitness  <b>11:00am:</b> Retirement Planning at OneStop Centerville  <b>1:30pm:</b> Seniors Overcoming and Achieving Results (1/6)	<b>12</b> <b>10:00am:</b> Inspirational Readings  <b>11:00am:</b> Scrabble Game Day  <b>1:00pm:</b> Intermediate Enamel Painting (1/2)
<b>15</b> <b>10:00am:</b> Resistance Bands Video  <b>11:00am:</b> Drumming**	<b>16</b> <b>10:00am:</b> Bingo with Billy/Woodman of the World (50 Cents/Card)*  <b>11:00am:</b> Tai Chi  <b>1:00pm:</b> Tai Chi	<b>17</b> <b>10:00am:</b> Making Your Medications Work Better  <b>11:00am:</b> Ageless Grace  <b>1:00pm:</b> Chair Yoga	<b>18</b> <b>10:00am:</b> Chair Soccer  <b>11:00am:</b> Musical Entertainment with Akil  <b>1:30pm:</b> Seniors Overcoming and Achieving Results (2/6)	<b>19</b> <b>9:45am:</b> Ollie's Bargain Outlet Microtransit Field Trip  <b>10:00am:</b> Easter Bonnet/Basket Craft  <b>11:00am:</b> Toddler Egg Hunt at OneStop Centerville  <b>1:00pm:</b> Soul Line Dancing
<b>22</b> <b>10:00am:</b> Resistance Bands Video  <b>11:00am:</b> Recycled Materials Art  <b>Free field trip!</b> <b>1:00pm:</b> Norcross Cultural Arts and Community Center "Mary Poppins Returns" Movie ( <i>Limited Space</i> )	<b>23</b> <b>10:00am:</b> Love Eating Alone Nutrition Education with UGA Extension Gwinnett  <b>11:00am:</b> Tai Chi  <b>1:00pm:</b> Tai Chi	<b>24</b> <b>9:00am:</b> Facials  <b>10:00am:</b> Poetry Reading and Writing  <b>11:00am:</b> Ageless Grace  <b>1:00pm:</b> Chair Yoga	<b>25</b> <b>10:00am:</b> Senior Self-Defense  <b>11:00am:</b> Balance with Drayer Physical Therapy Institute  <b>1:30pm:</b> Seniors Overcoming and Achieving Results (3/6)	<b>26</b> <b>10:00am:</b> Family Feud Game  <b>11:00am:</b> April Birthdays Celebration with DJ John Cox  <b>1:00pm:</b> Intermediate Enamel Painting (2/2)
<b>29</b> <b>10:00am:</b> Resistance Bands Video  <b>11:00am:</b> Pass the Pigs Game	<b>30</b> <b>10:00am:</b> Fire and Tornado Drills  <b>11:00am:</b> Tai Chi  <b>1:00pm:</b> Tai Chi	<b>Wellness Goals</b> "Just Do it NOW!": Earn points by participating in exercise, health, nutrition, and wellness programs.  H2O 4 U Challenge: Drink eight ounces of water to earn a point. A winner will be awarded each month.	<b>10:00am Wednesdays</b> Grocery Shopping*  <b>Reminder</b> Sign up for all activities at the front desk prior to the day of the activity.	<b>Disclaimer</b> Activities are free and optional unless indicated (*self-pay).  <b>Note</b> **Evidence-Based Program