April 2016 **Buford Senior Center**

Monday	Tuesday	Wednesday	Thursday	Friday
Everyday **9:30am** – Senior led devotion **Noon** – Lunch **1:15pm** Games				1 **10:00am** – Nutrition with Ines **11:00am** – **Bingo**
4 **9:30am** – Scrapbook – Book Study – **Rummikub Contest** **11:00am** – **Nurturing Arts** Music with Glynis – Quilting	5 **9:30am** – Wisdom Club – Ceramics **11:00am** – **Crafts** – Ring Toss and Floor bowling	6 ***Shopping*** **10:00am** – **Controlling BP and Hypertension** **11:00am** – **Bingo**	7 **10:00am** – Table Games – Ageless Grace with Debbie **11:00am** – Music with Mr. C	8 **10:00am** – **Qi Gong with George** **11:00am** – **Bingo**
11 **9:30am** – Scrapbook – Book Study – **Rummikub Contest** **11:00am** – Bette's Recycled Teenager – Quilting	12 **9:30am** – Wisdom Club – Ceramics **10:30am** – Movie and Popcorn	13 ***Shopping*** **10:00am** – **Ask Bethany Senior Housing Info Part II** **11:00am** – **Bingo**	14 **10:00am** – Ageless Grace with Debbie **11:00am** – Fun and Trivia with Dolly	15 **10:00am** – **Magic Show with Magician Arthur** **11:00am** – **Bingo**
18 **9:30am** – Scrapbook – Book Study – **Rummikub Contest** **11:00am** – Bette's Recycled Teenagers – Quilting	19 **9:45am** – Wisdom Club – **Trip to Lawrenceville Chinese Buffet** **11:00am** – Wii Bowling – Bean Bag Toss	20 ***Shopping*** ****SC Meeting**** **10:00am** – **Table Games** **11:00am** – **Bingo**	21 **10:00am** – Information on Diabetes with Trivium South Health **11:00am** – **Let's Make a Deal with Jimmy**	22 ***Haircuts*** **10:00am** – Qi Gong with George **11:00am** – **Bingo** **Wear Pink Day**
25 **9:30am** – Scrapbook – Book Study – **Rummikub Contest** **11:00am** – Bette's Recycled Teenagers – Quilting	26 **9:30am** – Wisdom Club – Jewelry **11:00am** – Music with Frank Allen	27 ***Shopping*** **10:00am** – Nutrition and Exercise with Dr. Wang from Salude **11:00am** – **Bingo**	28 **10:00am** – Table Games – Ageless Grace with Debbie **11:00am** – **Poker Keeno**	29 **10:00am** – Qi Gong with George **11:00am** – **Bingo**

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Programs are subject to change without notice.