

April Activities-Defiance Site

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10 Zumba</p> <p>10 Crochet & Knitting</p> <p>12:30 Wheel of Fortune by Med 1</p> <p>3 Yoga</p>	<p>2</p> <p>9:45 Shop at Aldi's</p> <p>10 Tai Chi</p> <p>10 Bible Study</p> <p>4 Yoga</p>	<p>3</p> <p>9:30 Cards</p> <p>10 Crafts</p> <p>12:30 shop at Kroger</p> <p>5-8pm</p> <p>Open Mic Night</p>	<p>4 9:30 Cards</p> <p>9:45 Blood Pressure check</p> <p>10:00 Stretch Band Exercises</p> <p>10:00 Zumba</p> <p>12:30 Shop @ Meijer</p> <p>12:30 Bingo –Brookview</p> <p>4:00 Yoga</p> <p>1:30 Alzheimer's Support Group</p>	<p>5</p> <p>9:30 Cards</p> <p>10:00 Tai Chi</p> <p>10:30 Crafts</p> <p>11:30 Birthday Lunch sponsored by Americare</p> 
<p>8</p> <p>10:00 Zumba</p> <p>12:30 Bingo with Kingsbury Place</p> <p>3:00 Yoga</p>	<p>9</p> <p>9:45 Shop at Aldi's</p> <p>10:00 Bible Study</p> <p>10:00 Tai Chi- Auditorium</p> <p>4:00 Yoga</p> <p>4 Pm Seniors Night</p> <p>Out at Jackie Blu's</p>	<p>10</p> <p>9:30 Cards</p> <p>10 Blood Pressure checks by AllCaring</p> <p>10:00 Crafts</p> <p>12:30 Kroger Shopping</p>	<p>11 9:30 Cards</p> <p>10:00 Stretch Band Exercises with Brookview</p> <p>10:00 Zumba</p> <p>12:30 Shop @ Meijer</p> <p>4:00 Yoga</p>	<p>12</p> <p>9:30 Cards</p> <p>10:00 Tai Chi</p> <p>10-12 Memory Chats</p> <p>By appointment</p> <p>10:30 Crafts</p>
<p>15</p> <p>10:00 Zumba</p> <p>1:00 Euchre Tournament</p> <p>3:00 Yoga</p>	<p>16 9:45 Shop at Aldi's</p> <p>10:00 Bible Study</p> <p>10:00 Tai Chi</p> <p>4:00 Yoga</p> 	<p>17</p> <p>9:30 Cards</p> <p>10:00 Crafts</p> <p>12:30 Kroger Shopping</p>	<p>18</p> <p>9:30 Cards</p> <p>10:00 Stretch Band Exercises</p> <p>10:00 Zumba</p> <p>10:45 B/P with CHP</p> <p>12:30 Shop @ Meijer</p> <p>12:30 Bingo w/ Twin Rivers</p> <p>4:00 Yoga</p>	<p>19</p> <p>GOOD FRIDAY</p> <p>9:30 Cards</p> <p>10:00 Tai Chi</p> <p>10:30 Crafts</p> <p>CLOSED AT NOON</p>
<p>22</p> <p>10 Zumba</p> <p>10 Crochet & Knitting</p> <p>10 Nails & Tails</p> <p>3 Yoga</p>	<p>23</p> <p>9:45 Shop at Aldi's</p> <p>10:00 Bible Study Reflections room</p> <p>10:00 Tai Chi Auditorium</p> <p>4:00 Yoga</p>	<p>24</p> <p>9:30 Card</p> <p>12:30 Kroger Shopping</p> <p>1-2:30 CSFP</p> <p>5-8 Evening Meal</p>	<p>25 9:30 Cards</p> <p>10:00 Stretch Band</p> <p>10:00 Zumba</p> <p>12:30 Shop @ Meijer</p> <p>12:30 Bingo AllCaring</p> <p>4:00 Yoga</p>	<p>26</p> <p>9:30 Cards</p> <p>10:00 Tai Chi</p> <p>10:30 Crafts</p>
<p>29</p> <p>10:00 Zumba</p> <p>12:30 Bingo with Senior Services</p> <p>3:00 Yoga</p>	<p>30</p> <p>9:45 Shop at Aldi's</p> <p>10:00 Bible Study Reflections room</p> <p>10:00 Tai Chi Auditorium</p> <p>4:00 Yoga</p>		<p>SAVE THE DATE:</p> <p><i>May 21 For the Health of IT Senior Health Fair at UAW</i></p> <p>gam-2PM</p>	