

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																			
		<b>1</b> 9:30 Interval Exercise with Michelle (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) <b>11:30</b> Lunch: Red Cow (Sign Up by 3/31) 2:00 Tai Chi Video (D) <b>3:00</b> Coffee and Jokes with Friends for April Fool's Day (P)	<b>2</b> 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) 2:00 United States in 1787 with AI (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) <b>6:30</b> Bingo with Betty (FAR)	<b>3</b> 9:30 YouTube Fit (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 10:30 Blood Pressure Checks (5th floor) <b>11:00</b> Jeopardy (FAR) 1:30 Silent Book Club (P) 3:00 Coffee with Friends (P) <b>3pm</b> Knitting with Coach Mariann (FAR)	<b>4</b> 9:30 Stay Fit with Courage (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) <b>1:30</b> Group Haiku with Arts and Crafts Collective (FAR) 2:30 Afternoon Movie: (D) 3:00 Coffee with Friends (P)	<b>5</b> 9:30 YouTube Fit (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:15 Current Events (PR) <b>1:30</b> Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)																			
<b>6</b> 9:30 YouTube Fit (D) <b>1:30</b> Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) <b>6:30</b> Sing Along with Monica (D)	<b>7</b> 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 1:30 Bridge (PR) 1:30 Health and Wellness Video Series with Josh (D) <b>3:00</b> MacPhail: Andrea Leap presents Music and Flora (D)	<b>8</b> 9:30 Interval Exercise with Michelle (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) <b>2:00</b> Records and Root beer (FAR) 3:00 Coffee with Friends (P) <b>4:00</b> Tech Help (P)	<b>9</b> 9:30 Stay Fit with Courage (D) <b>9:30</b> Outing: MN History Center Girlhood- \$12 (Sign up by 4/4/) 10:30 Game: Scrabble (FAR) 2:00 Documentary (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) <b>6:30</b> Bingo with Betty (FAR)	<b>10</b> 9:30 Ball Exercises with Michelle (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 10:30 Blood Pressure Checks (5th floor) <b>11:00</b> Trivia (FAR) <b>11:45</b> Volunteer Appreciation Lunch-Invite Only (DR) 2:00 Bean Bag Toss (D) 3:00 Coffee with Friends (P) <b>3:00</b> Knitting with Coach Mariann (FAR)	<b>11</b> 9:30 Stay Fit with Courage (KR) <b>11:00</b> Musical Program with Mpls-St. Paul Alumni Chapter of Mu Phi Epsilon (P) 1:30 Bridge (PR) <b>1:30</b> Sing a Long with Arts and Crafts Collective (D) 2:30 Afternoon Movie: (D) <b>3pm</b> Coffee with Friends (P)	<b>12</b> 9:30 YouTube Fit (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:15 Current Events (PR) <b>1:30</b> Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)																			
<b>13</b> 9:30 YouTube Fit (D) <b>1:30</b> Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) <b>6:30</b> Sing Along with Monica (D)	<b>14</b> 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) <b>11:00</b> Time with Two Parables with Bill Tipping (D) 1:30 Bridge (PR) <b>2:00</b> Passover Sader Explanation with Ellis (D) 3:00 Coffee with Friends (P)	<b>15</b> 9:30 Interval Exercise with Michelle (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) <b>2:00</b> Acrylic Painting (FAR) 3:00 Coffee with Friends (P)	<b>16</b> 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) <b>12:00</b> Lunch Culvers (sign up by 4/14) 3:00 Garden Club Meet-Up (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) <b>6:30</b> Bingo with Betty (FAR)	<b>17</b> 9:30 Ball Exercises with Michelle (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Origami (FAR) <b>2:00</b> Monthly Birthday Party (D) <b>3:00</b> Knitting with Coach Mariann (FAR)	<b>18</b> 9:30 Stay Fit with Courage (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) <b>1:30</b> Group Haiku with Arts and Crafts Collective (FAR) 2:30 Movie 3:00 Coffee with Friends (P)	<b>19</b> 9:30 YouTube Fit (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:15 Current Events (PR) <b>1:30</b> Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)																			
<b>20</b> 9:30 YouTube Fit (D) <b>1:30</b> Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) <b>6:30</b> Sing Along with Monica (D)	<b>21</b> 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) <b>11:00</b> Parkinson's Support Group (L) 1:30 Bridge (PR) <b>2:00</b> Health and Wellness Video Series with Josh (D) 3:00 Coffee with Friends (P)	<b>22</b> 9:30 Interval Exercise with Michelle (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) <b>2:00</b> MacPhail Hour: Dr. Sara Langmead, piano Featuring music by Beethoven, Liszt, Chopin and Clara, and Robert Schumann (P) 3:00 Coffee with Friends (P) <b>4:00</b> Tech Help (P)	<b>23</b> 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) <b>2:00</b> Blackjack (FAR) 3:00 Coffee with Friends (P) <b>4:00</b> Wet Your Whistle Wednesday (FAR) <b>6:30</b> Bingo with Betty (FAR)	<b>24</b> 9:30 Ball Exercises with Michelle (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Ladder Ball (P) <b>Lunch:</b> Parkinson's Fundraiser Grill Out 1:30 Silent Book Club (P) <b>3:00</b> Knitting with Coach Mariann (FAR)	<b>25</b> 9:30 Stay Fit with Courage (D) <b>9:30</b> Outing: IKEA (Sign up by 4/22) 10:30 Bingo (FAR) 1:30 Bridge (PR) <b>1:30</b> Sing a Long with Arts and Crafts Collective (D) 2:30 Movie (D) 3pm Coffee with Friends (P)	<b>26</b> 9:30 YouTube Fit (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:15 Current Events (PR) <b>1:30</b> Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)																			
<b>27</b> 9:30 YouTube Fit (D) <b>1:30</b> Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) <b>6:30</b> Sing Along with Monica (D)	<b>28</b> 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 1:30 Bridge (PR) <b>2:00</b> Health and Wellness Video Series with Josh (D) 3:00 Coffee with Friends (P) 7:00 Summit Music Presents Resonant Reflections: A French Horn & Piano Concert Featuring Allyson Partin & Amos Lucidi (P)	<b>29</b> 9:30 Interval Exercise with Michelle (D) <b>10:15</b> Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) <b>11:00-3</b> Taylor Marie Fashion Sale 3:00 Coffee with Friends (P)	<b>30</b> 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) <b>2:00</b> Tips on Hand and Foot Care with Carol Larson (D) 3:00 Coffee with Friends (P) <b>4:00</b> Wet Your Whistle Wednesday (FAR) <b>6:30</b> Bingo with Betty (FAR)	<h2>APRIL BIRTHDAYS</h2> <table border="0"> <tr> <td>Phyllis F.</td> <td>1st</td> <td>Keith S.</td> <td>15th</td> </tr> <tr> <td>Gay G.</td> <td>4th</td> <td>Ginny W.</td> <td>15th</td> </tr> <tr> <td>Dora R.</td> <td>5th</td> <td>Joan P.</td> <td>27th</td> </tr> <tr> <td>Sally S.</td> <td>7th</td> <td>Sally H.</td> <td>28th</td> </tr> <tr> <td>Marybeth B.</td> <td>8th</td> <td></td> <td></td> </tr> </table>		Phyllis F.	1st	Keith S.	15th	Gay G.	4th	Ginny W.	15th	Dora R.	5th	Joan P.	27th	Sally S.	7th	Sally H.	28th	Marybeth B.	8th		
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