

April 2019 (sign up for programs/activities begins Monday, April 1 - no foolin')

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:15 Advanced Strength Training 9:30 Technology Assistance 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: I Can Only Imagine 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga	2 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch	3 9:00 MAREA 10:15 NO Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Lifestory Writing Group 1:00 Line Dancing 1:00 National Walking Day: Walk at City Park	4 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco/Pinochle 3:00 Applebee's Appetizers	5 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers
8 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Crazy Rich Asians 1:00 Duplicate Bridge 1:00 Art Studio 1:30 Caregiver's Support Group for Alzheimer's 5:30 Monday Yoga	9 8:45 Oldies Sweatin' 10:00 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Presentation: Route 66 by Doug Meloan 2:00 Senior Social at west Dairy Queen	10 8:30 Foot Care 9:30 Coffee Talk with Mathis Physical Therapy 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Webinar: A Family Affair 1:00 Hand & Foot/Canasta 1:00 Line Dancing 1:00 Artist Profile: Post Office Murals	11 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass Cleaning & Adjustments 11:30 Blood Pressure Checks & Hearing Aid Cleanings 12:00 Lunch Bunch: Houlihan's 1:00 Bunco/Pinochle	12 9:15 Advanced Strength Training 9:45 NO TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em
15 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 11:00 CSFP Food Box Delivery & Pick-up 12:30 Bridge 12:45 Movie: Midnight Sun 1:00 Duplicate Bridge 1:00 Art Studio 1:30 Caregivers' Support Group for Alzheimer's 5:30 Monday Yoga	16 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 VIP Book Group 1:00 Tap To Togetherness 1:00 Tour: Eastside Market 1:00 Crocheting Caps & Camaraderie Among Friends 2:00 VIP Support Group	17 8:30 Foot Care 10:00 FHVC Drug Disposal Program 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Easter Egg Decorating 1:00 Hand & Foot/Canasta 1:00 Line Dancing	18 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 ARTful Memories 1:00 Pinochle/Bunco 3:00 Afternoon Appetizers	19 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers
22 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Small Foot 1:00 Duplicate Bridge 5:30 Monday Yoga	23 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Potluck: Goodnow Park 1:00 Pitch	24 8:30 Foot Care 9:30 Coffee Talk with Mathis Physical Therapy 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Line Dancing	25 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 12:00 Traveling Lunch Bunch: Nelson's Landing 1:00 Pinochle/Bunco 3:00 Applebee's Appetizers	26 9:15 Advanced Strength Training 9:45 NO TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em
29 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: A Star is Born 1:00 Duplicate Bridge 5:30 Monday Yoga	30 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 12:45 Opioids in Riley County 1:00 Pitch 1:00 Crocheting Caps & Camaraderie Among Friends		<div style="text-align: right; font-size: small;">MEMBER FDIC EQUAL HOUSING LENDER</div> <p style="text-align: center;">It's all about CONVENIENCE It's all about COMMUNITY It's all about YOU!</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="font-size: x-small;"> KS StateBank supports the activities, mailings and services of the Seniors' Service Center. </div> <div style="text-align: center;">  ksstatebank.com </div> </div> <p style="text-align: center; font-size: x-small;">Westloop Downtown Aggieville Highway 24 785-587-4000</p>	