



April

Aging Ahead- House Springs

636-677-4578

2024

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:45am - ExerStart <b>11:45am - Lunch</b>	<b>2</b> 10am - Bingo, Canasta 10:30am - Pickleball, Walk <b>11:45am - Lunch</b> 12:30pm - Games	<b>3</b> <b>10A Wii Wednesday Bowling</b> <b>11:45am - Lunch</b>	<b>4</b> 10am - Bingo (Suzanne) 10:30am - Pickleball, Walk <b>11:45am - Lunch</b> 12:30pm - Games	<b>5</b> 10:45am - ExerStart <b>11:45am - Lunch</b>
<b>8</b> 10:45am - ExerStart <b>11:45am - Lunch</b>	<b>9</b> Congregate Voting Meeting 10am - Bingo, Canasta 10:30am - Pickleball, Walk <b>11:45am - Lunch</b> 12:30pm - Games	<b>10</b> 10am Wii Wednesday Bowling <b>11:45am - Lunch</b> <b>12:30 Support Committee Mtg</b>	<b>11</b> 10am - Bingo 10:30am - Pickleball, Walk <b>11:45am - Lunch</b> 12:30pm - Games	<b>12</b> 10:45am - ExerStart <b>11:45am - Lunch</b>
<b>15</b> 10:45am - ExerStart <b>11:45am - Lunch</b>	<b>16</b> 10am - Bingo (Marie), Canasta 10:30am - Pickleball, Walk <b>11:45am - Lunch</b> 12:30pm - Games	<b>17</b> <b>Seniors Reading to ECC Day</b> 10am Wii Wednesday Bowling <b>11:45am - Lunch</b>	<b>18</b> 10am - Bingo, Canasta 10:30am - Pickleball, Walk <b>11:45am - Lunch</b> 12:30pm - Games	<b>19</b> 10:45am - ExerStart <b>11:45am - Lunch</b>
<b>22</b> 10:45am - ExerStart <b>11:45am - Lunch</b>	<b>23</b> 10am - Bingo, Canasta <b>11:45am - Lunch</b> 12:30pm - Games 1pm Cooking/Nutrition Demonstration With BROOKE	<b>24</b> 10am Wii Wednesday Bowling <b>11:45am - Lunch</b>	<b>25</b> 10am - Bingo 10:30am - Pickleball, Walk <b>11:45am - Lunch</b> 12:30pm - Games	<b>26</b> 10:45am - ExerStart <b>11:45am - Lunch</b>
<b>29</b> 10:45am - ExerStart <b>11:45am - Lunch</b>	<b>30</b> 10am - Bingo, Canasta 10:30am - Pickleball, Walk <b>11:45am - Lunch</b> 12:30pm - Games			Aging Ahead House Springs Senior Center <b>Hours: M-F 9a-2p</b> <b>Hot Meal: M-F @ 11:45</b>