

April Events & Activities

Silver Sneakers Classic – Posture Renewal

Monday | Through April 27 | 11 – 11:45 a.m.

Wednesday | Through April 29 | 11 – 11:45 a.m.

Instructor: Rotha

Mindful Yoga

Tuesdays and Thursdays through April 30 | 10 – 10:45 a.m.

Instructor: Rotha

Chair Yoga

Tuesdays through April 28 | 10 – 10:45 a.m.

Instructor: Rotha

Balanced Bodies

Tuesdays and Thursdays through April 30 | 9 – 9:45 a.m.

Instructor: Rotha

Tai Chi

Mondays and Wednesdays through April 29 | 10 – 10:45 a.m.

Instructor: Leon

Power Walking

Fridays through April 24 | 9 – 9:45 a.m.

Instructor: Laura

Dance Fitness

Mondays through April 27 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Silver Sneakers Classic

Fridays through April 24 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

Activities at The Branch Connection:

4/1 & 15 Bingo

4/3 First Friday Book Club

4/4 Saturday Matinee

4/6 Breakfast (May Menu – IHOP Classic Breakfast)

4/6 & 20 Shared Moments
4/6, 9, 13, 16, 20 & 23 Computer Basics II
4/8 Cookin' Club
4/8 Advanced Greeting Cards
4/8 & 22 Photo Club
4/9 Probate & Wills Seminar
4/11 & 25 Learn To Dance
4/13, 20 & 27 Fly Tying Group
4/13 Metrocrest Mobile Food Bank
4/13 & 27 Fitness Room Orientation
4/14 Bunco Night
4/16 Texas Hold Em
4/22 Garden Group
4/25 Fishin' Fun
4/29 ICR Discovery Center Trip
4/30 Medicare Changes Seminar

Re-occurring Weekday Activities:

- **Monday** – Zumba Gold, Team Chair Volleyball, Open Mah-Jongg, Thinkabilities, The Mixer, Evening Crafts, Open Art Group, Learn to Dance, and Duplicate Bridge.
- **Tuesday** – Chair Yoga, Line Dancing (Lo & Hi Beginner), Dulcimers, Zumba Gold, and Fly Casting.
- **Wednesday** – Line Dancing (Improver), Absolute Beginner Dance, Big Screen Bash, and Open Mah Jongg.
- **Thursday** – Team Chair Volleyball, and Instructional Quilting Group.
- **Friday** – Silver Sneakers Classic, Quilting Group, Neglected History, and Party Bridge.
- **Saturday** - Clogging