




**** Blood Pressure Checks ****
Wednesdays 9:00am—10:00am
 Provided by: Orange Beach Fire Dept.



April 2019



****Reminder****
Yoga Class will be 8:30am to 9:30am
On Tuesdays & Thursdays !!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NATIONAL PEANUT BUTTER AND JELLY DAY Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm	2 Yoga 8:30a-9:30a AARP TAX SERVICE 9a-12p BY APPOINTMENT Ceramics 9a-11am Bridge 12 -3:30pm	3 Exercise 7:45a-8:45a 9a-11a: Color Me Calm Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	4 Yoga 8:30a-9:30a Shell Crosses 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos	5 Exercise 7:45am-8:45a AARP TAX SERVICE 9a-12p BY APPOINTMENT 9:30—Trip Weeks Bay Plant Sale	6
7	8 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise	9 Yoga 8:30a-9:30a AARP TAX SERVICE 9a-12p BY APPOINTMENT 10am—Grief Group Ceramics 9am-11am Bridge 12 -3:30pm	10 Exercise 7:45a-8:45a 9a-11a: Color Me Calm Line Dancing 9:30—11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	11 Yoga 8:30a-9:30a Shell Crosses 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos	12 Exercise 7:45am-8:45a AARP TAX SERVICE 9a-12p BY APPOINTMENT 11am—Mystery Lunch Trip	13
14	15 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise	16 Yoga 8:30a-9:30a Ceramics 9a-11am Bridge 12 -3:30pm	17 Exercise 7:45a-8:45a 9a-11a: Color Me Calm NO Line Dancing Today Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	18 Yoga 8:30a-9:30a Shell Crosses 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos	19 <i>Good Friday</i> Center Closed Today	20 
21 Easter Sunday 	22 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise	23 Yoga 8:30a-9:30a Ceramics 9a-11am Bridge 12 -3:30pm Trip—“Blue Wahoos Game”	24 Exercise 7:45a-8:45a 9a-11a: Color Me Calm Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	25 Yoga 8:30a-9:30a Shell Crosses 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos Masters Games in Mobile	26 Exercise 7:45am-8:45a 10am—Brunch & Learn Sponsored by Clear Captions 	27 National Prescription Drug Take Back Day 10am—2pm Orange Beach Police Department Lobby
28	29 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise	30 Yoga 8:30a-9:30a Ceramics 9a-11am Bridge 12 -3:30pm	2019 MASTERS GAMES ... April 25—Via Center, Mobile May 8— Mobile, AL May 22—Orange Beach, AL June 5—Robertsdale, AL June 19—Chickasaw, AL		“Color Me Calm” Wednesdays 9a-11a Coloring helps us destress, generates wellness & stimulates the brain. All supplies provided.	