

## April 2024 Wellness Calendar

Monday		Tuesday		Wednesday		Thursday		Friday	
1	8:30am-7pm	2	8:30am-7pm	3	8:30am-7pm	4	8:30am-7pm	5	9am-12pm
Closed		8:30am- Walking Group (1) 9am- Eat Smart Live Strong. (2) 10am- Coffee with Community(1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Life Skills (1)		8:30am- Walking Group (1) 10am- Stress Management (2) 5pm- Walking Group (1) 5:30pm- ESL (1) 5pm- Zumba(1) 6pm- Financial Literacy (2)		8:30am- Walking Group (1) 10am- Change your mind, change your life(1) 2pm- Art Class (2) 5pm- Walking Group (1) 5pm- Bingo (1)		9am- Walking Group (1)	
8	8:30am- 7pm	9	8:30am-7pm	10	8:30am-7pm	11	8:30am-7pm	12	9am-12pm
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 5pm- Walking Group (1) 5:30pm- ESL (1)		8:30am- Walking Group (1) 9am- Eat Smart Live Strong. (2) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm-Life Skills (1)		8:30am- Walking Group (1) 10am- Journaling with Corina (2) 12pm- Liz Talk(2) 5pm- Walking Group (1) 5:30pm-ESL(1)		8:30am- Walking Group (1) 10am- Change your mind, change your life(1)1pm- Chair Yoga (2) 5pm- Walking Group (1) 5pm- Bingo (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
15	8:30am- 7pm	16	8:30am- 7pm	17	8:30am- 7pm	18	8:30am- 7pm	19	9am-12pm
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 4:30pm- Motivation to change(1) 5pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1)		8:30am- Walking Group (1) 9am-Eat Smart Live Strong. (2) 10am- Coffee with Community (1) 12pm- Low Impact fitness (1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Life Skills(1)		8:30am-Walking group(1) 10am- Stress Management (2) 12:30pm- Heart Health (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5pm- Zumba(1) 6pm- Financial Literacy (2)		8:30am- Walking Group (1) 10am- Change your mind, change your life(1) 1pm- Chair Yoga (2) 2pm- Art Class (2) 5pm- Walking Group (1) 5pm - Bingo (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
22	8:30am-7pm	23	8:30am-7pm	24	8:30am-7pm	25	8:30am-7pm	26	9am-12pm
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 5pm-Zumba (1) 5pm- Walking group (1) 5:30pm- Creative Cooking (1) 5:30pm- ESL (1)		8:30am- Walking Group (1) 9am-Eat Smart Live Strong. (2) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1) 4pm- Amazing Apples(2) 5pm-Walking Group. (1) 5pm- Life Skills(1)		8:30am-Walking group(1) 10am-Liz talk (2) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5pm- Zumba(1) 6pm-Money Matters(2)		8:30am- Walking Group (1) 10am- Managing Relationships(2) 10am- Change your mind, change your life(1) 1pm- Chair Yoga (2) 5pm- Walking Group (1) 5pm-Bingo(1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
29	8:30am-7pm	30	8:30am-7pm						
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 5pm-Zumba(1) 5pm- Walking group (1) 5:30pm- Creative Cooking (1) 5:30pm- ESL (1)		8:30am- Walking Group (1) 9am- Eat Smart Live Strong. (2) 10am- Coffee with Community (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1) 5pm- Diabetic skin care (2) 5pm-Walking Group. (1) 5pm-Life Skills(1)							