



April 2024

Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 EASTER MONDAY 1:30 SMART Class (JS)	2 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	3 1:30 SMART Class (JS)	4 1:30 Stretching Class (FC)	5 10:00 Balance Class (JS)	6 OPEN GYM DAY
7 Look for the monthly stretch sheets by the Fitness Room	8 1:30 SMART Class (JS)	9 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	10 1:30 SMART Class (JS)	11 1:30 Stretching Class (FC)	12 10:00 Balance Class (JS)	13 OPEN GYM DAY
14 Look for the monthly stretch sheets by the Fitness Room	15 1:30 SMART Class (JS)	16 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	17 1:30 SMART Class (JS)	18 1:30 Stretching Class (FC)	19 10:00 Balance Class (JS)	20 OPEN GYM DAY
21 Look for the monthly stretch sheets by the Fitness Room	22 1:30 SMART Class (JS)	23 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	24 1:30 SMART Class (JS)	25 1:30 Stretching Class (FC)	26 10:00 Balance Class (JS)	27 OPEN GYM DAY
28 Look for the monthly stretch sheets by the Fitness Room	29 1:30 SMART Class (JS)	30 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)				