


Mon		Tue		Wed		Thu		Fri	
1		2		3		4		5	
10:00	Total Body Fitness	9:00	Humana Questions & Answers	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
12:00	Golden Age Lunch				Lunch with the Law Virtual Kidnapping	12:00	Golden Age Lunch	12:00	Golden Age Lunch
1:00	Bingo	9:30	Bocce Ball			12:45	Gentle Yoga	12:45	Friday Flicks
		9:30	Tai Chi	12:00					
		10:00	Blood Pressure						
		11:30	Java with Jenn & All Things Medicare with Monarch						
		12:00	Golden Age Lunch						
		1:00	Art Club						
8		9		10		11		12	
10:00	Total Body Fitness	9:00	Humana Questions & Answers	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
12:00	Golden Age Lunch			12:00	Golden Age Lunch	12:00	Golden Age Lunch	12:00	Golden Age Lunch
1:00	Bingo	9:30	Bocce Ball	1:00	Chess Club	12:45	Gentle Yoga	12:45	Friday Flicks
		9:30	Tai Chi	1:00	Puzzled by Medicare with MemorialCare				
		10:00	Blood Pressure						
		12:00	Golden Age Lunch						
		1:00	Art Club						
15		16		17		18		19	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
12:00	Golden Age Lunch	9:30	Tai Chi	12:00	Golden Age Lunch	12:00	Golden Age Lunch	12:00	Golden Age Lunch
1:00	Bingo	10:00	Blood Pressure	1:00	Chess Club	12:45	Gentle Yoga	12:45	Friday Flicks
		12:00	Golden Age Lunch	1:00	Medical Cannabis Promoting Health with MemorialCare	1:00	Reading a Nutrition Label with Lisa Gibson		
		1:00	Art Club	1:00	Double Dominos				
22		23		24		25		26	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
12:00	Golden Age Lunch	9:30	Tai Chi	12:00	Golden Age Lunch	12:00	Golden Age Lunch	12:00	Golden Age Lunch
1:00	Bingo	10:00	Blood Pressure	1:00	Chess Club	12:45	Gentle Yoga	12:45	Friday Flicks
		12:00	Golden Age Lunch	1:00	Double Dominos				
		1:00	Smartphone with MemorialCare						
		1:00	Art Club						
29		30		<div style="text-align: center;">  <p><i>April 2019</i></p> <p><i>Golden Age Lunch 12:00 Noon M-F</i></p> <p><i>(949) 709-7592</i></p> <p><i>Coffee Talk 9:00 - 2:00 M-F</i></p>  </div>					
10:00	Total Body Fitness	9:30	Bocce Ball						
12:00	Golden Age Lunch	9:30	Tai Chi						
1:00	Bingo	10:00	Blood Pressure						
		12:00	Golden Age Lunch						
		1:00	Art Club						