

APRIL 2024 SPECIAL & MONTHLY EVENTS

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness 10:30-11:30 Blood Pressure Clinic	2 9:30 Bears Journey 11:00 Hearing 1:00 Coupons 1:00 Set Back	3 9:30 Light Aerobics 10:30 SyncoCize 12:30-4:00 Bridge	4 <u>Food Bank 9-Noon</u> 10:00 Knit& Stitch 12:30 Mah Jongg 1:00 Scrabble	5 9:30 Light Aerobics	6
7	8 FOOD SHARE <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness 11:45am-1PM Cooking Class "Cooking For One" with Marilyn McGrath \$5	9 9:30am NY BOTANICAL GARDEN TRIP 9:30 Bears Journey 11:00 Hearing 10:30-11:30 Walking Club meeting at 18 Depot Hill Cobalt (Air Line Trl) 1:00 Coupons 1:00 Set Back	10 930am-2:30pm Foot Clinic 9:30 Light Aerobics 10:30 SyncoCize 12:30-4:00 Bridge	11 <u>Food Bank 9 -Noon</u> 10:00 Knit& Stitch 10:30AM Nutritional Program Cooking Class UCONN 12:30 Mah Jongg 1:00 Scrabble	12 9:30 Light Aerobics 10:30 Family History FUN with Ken Doney	13
14	15 <u>Food Bank 9 - Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness	16 9:30 Bears Journey 9:30 Watercolor 1:00 Coupons 1:00 Set Back	17 9:30 Light Aerobics 10:30 SyncoCize Wellness Fair 10am-3pm	18 <u>Food Bank 9 -Noon</u> 10:00 Knit& Stitch 12:30 Mah Jongg 1:00 Scrabble	19 9:30 Light Aerobics	20
21	22 FOOD SHARE <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness 11:45am-1PM Cooking Class "Cooking For One" with Marilyn McGrath \$5	23 9:30 Watercolor 9:30 Bears Journey 1:00 Coupons 1:00 Set Back	24 9:30 Light Aerobics 10:30 SyncoCize 11:00 Sr Advisory Board Meeting 12:30-4:00 Bridge	25 <u>Food Bank 9 -Noon</u> 10:00 Knit& Stitch 12:30 Mah Jongg 1:00 Scrabble 10:30AM Nutritional Program Cooking Class UCONN	26 9:30 Light Aerobics	27
28	29 <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness	30 9:30 Watercolor 9:30 Bears Journey 1:00 Coupons 1:00 Set Back 6:00 Dulcimer <u>Progressive Class</u>				