

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2024



	1 Exercise Class 8:30 & 9:10 Art Class 1:30	2 Yoga Class 9:00 Bank 10:00	3 Exercise Class 8:30 & 9:10 Happy Hour 4:00	4 Yoga 9:00 Birthday Luncheon 12:30 Cardinals Pre-Watch Social 1:30 on the Mezzanine A Night at the Movies In the Multipurpose Room 6:30	5 Balance Barre 9:00 Book Club 10:30	6 Rummikub 2:00 Dinner 4:30 – 6:30
7 Sunday Brunch 11:00 – 1:30	8 Exercise Class 8:30 & 9:10 Art Class 1:30	9 Yoga Class 9:00 Bank 10:00 Healthy Hearing 10:30 Bryan Foggs to Entertain 6:30 PM in the Lobby	10 Exercise Class 8:30 & 9:10 Happy Hour 4:00	11 Yoga 9:00 Jeopardy with Ciara 2:30 in the Multipurpose Room A Night at the Movies In the Multipurpose Room 6:30	12 Balance Barre 9:00 Bookmobile 9:00-9:45 Outing to the Payne-Gentry House, Docent led Shuttle departs at 9:40 AM Tour is at 10 AM	13 Rummikub 2:00 Dinner 4:30 – 6:30
14 Sunday Brunch 11:00 – 1:30	15 Exercise Class 8:30 & 9:10 Art Class 1:30	16 Yoga Class 9:00 Bank 10:00	17 Exercise Class 8:30 & 9:10 The Opera Theater Presents "Julius Caesar" 2:00 in the Multipurpose Room Happy Hour 4:00	18 Yoga 9:00 "Are We Alone in the Universe" A Presentation by Claude Bernard 3 PM in the Multipurpose Room A Night at the Movies In the Multipurpose Room 6:30	19 Balance Barre 9:00	20 Rummikub 2:00 Dinner 4:30 – 6:30
21 Sunday Brunch 11:00 – 1:30	22 Exercise Class 8:30 & 9:10 Art Class 1:30	23 Yoga Class 9:00 Bank 10:00 Exploring Haiku with Sharon Poe 3:00 in the Multipurpose Room Picnic Themed Buffet 4:30 – 6 PM Strolling Strings to Entertain 6:30 PM in the Lobby	24 Exercise Class 8:30 & 9:10 RAB Meeting 3:00 Happy Hour 4:00	25 Yoga 9:00 A Night at the Movies In the Multipurpose Room 6:30 Dinner Outing *Location TBD* Shuttle Departs at 5:00	26 Balance Barre 9:00 Bookmobile 9:00-9:45	27 Rummikub 2:00 Dinner 4:30 – 6:30
28 Sunday Brunch 11:00 – 1:30	29 Exercise Class 8:30 & 9:10 Art Class 1:30	30 Yoga Class 9:00 Bank 10:00	 <div data-bbox="1563 1608 1979 1719" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Ciara's E-Mail:</b> capetri@bethesdahealth.org</p> </div>			