

April 2023

Age 50+ Daily Calendar – Every Week
Hours: Mon – Fri 8 a.m. – 4:30 p.m.

DAILY ACTIVITIES

AARP FitLot Park	8:00 am- Dusk	FREE
Billiards	8:00 am-4:30 pm	\$2
Circuit Training	8:00am-4:30pm	\$2
Cornhole	8:00 am-4:30 pm	\$2
Exercise Equipment	8:00 am-4:30 pm	\$2
Shuffleboard	8:00 am-4:30 pm	\$2



Do you have extra time on your hands? We offer numerous opportunities for people of all ages to join our family of over 150 volunteers and become involved in Community Center programs and operations. Please call 427-6441 for more information.

WEEKLY RECURRING EVENTS

MONDAY

Table Tennis	8:30am-11:30am	\$2
Indoor Circuit Class	10:00am-10:45am	\$2
Cardio Flex	10:45am-11:30am	\$2

TUESDAY

ABC Exercise	9:30am-10:15am	\$2
Cardio Flex	10:45am-11:30am	\$2
Scrapbooking	1:00pm-3:00pm	\$2

WEDNESDAY

Table Tennis	8:30am-11:30am	\$2
Crochet	10:00am-12:00pm	\$2
Euchre	12:00 pm-3pm	\$2
Crochet	1:00pm-3:00pm	\$2

THURSDAY

ABC Exercise	9:30am-10:15am	\$2
Cardio Flex	10:45am-11:30am	\$2
Quilting	1:00pm-4:00pm	\$2

FRIDAY

Indoor Circuit Class	10:00am-10:45am	\$2
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MONTHLY

<u>MONTHLY</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
<u>Tuesday Movie</u>	T	April 4	1:30 p.m. "Easter Sunday"	Free
	T	April 18	1:30 p.m. "Ticket to Paradise" (Pre-register by the Monday prior)	
<u>How's Your Hearing?</u>	T	April 4	9:00 a.m.-11:15 a.m. (Call 427-6460 to make an appointment)	Free
<u>Book Sale</u>	T-TH	April 4-6	8:00 a.m.-6:00 p.m. A great selection of used books at low prices	
<u>SHIP</u>	Th	April 6 April 20	9:00 a.m. -12:00 p.m. (Call 427-6460 to make an appointment)	Free
<u>Bingo</u>	F	April 14 April 28	1:00 p.m. – 3:00 p.m. Sponsor: Coventry Meadows & Heritage Park	\$ 1.00/3 cards
<u>Monday Luncheon</u>	M	April 17	12:00 p.m. "Ciao Italia" Sponsor: Coventry Meadows	\$5
<u>Relaxation Station</u>	M	April 17	10:30-11:30 a.m. Spend an hour relaxing and coloring with friends.	\$2