



April Calendar

Amanda Poole - Manager

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1120 Medical Plaza Dr. #250

Sunday 31	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	9AM Gentle Yoga 1:30PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga	10AM Tai Chi 12PM Oncology Nutrition 1PM Mah jongg	10AM Bible Study 11AM Gentle Yoga 2:30PM Chair Yoga	10AM Pet Therapy 10AM Coffee&Support 10:30AM Zumba Gold 12PM Mindful Cooking	
7	9AM Gentle Yoga 11AM Look Good, Feel Better 1:30PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30PM Eating Well Through Cancer	10AM Tai Chi 12PM Ask the Doctor 1PM Mah jongg	11AM Gentle Yoga 1PM Build Your Own Succulent 5:30PM Art & Heart	10AM Coffee &Support 10:30AM Zumba Gold	13
14	2PM Cooking Together 9AM Gentle Yoga 11AM Your Glam Fix 1:30PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga 7:30PM Caregiver Support Group	10AM Tai Chi 12PM Oncology Education 1PM Mah jongg 4:30PM YaYa Connections	10AM Bible Study 11AM Gentle Yoga 12PM Cancer Support Group 2:30PM Chair Yoga	10AM Coffee &Support 10AM Pet Therapy 10:30AM Zumba Gold 12PM Cancer Rehab Education	4PM Teen Game Night 20
21	9AM Gentle Yoga 12PM Cancer Support - Spanish 1:30PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12PM The Nest for Newbies 12:30PM Healing Art	10AM Tai Chi 12PM Cooking w/Paola 1PM Mah jongg	11AM Gentle Yoga	10AM Coffee &Support 10:30AM Zumba Gold 11:30AM Men's Lunch	27
28	9AM Gentle Yoga 1:30PM Pilates 2PM Knitting 5:30PM Life In Between	9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	10AM Tai Chi 12PM Cooking w/Paola 1PM Mahjongg	10AM Bible Study 11AM Gentle Yoga 2:30PM Chair Yoga	10AM Pet Therapy 10AM Coffee &Support 10:30AM Zumba Gold	4

This calendar is subject to change. Please check your email before class!

For weekend classes or classes after 6PM - there is a callbox on the front of the medical plaza doors in case they are locked.