

**ACTIVITIES FOR APRIL**

**APRIL 2ND**

Walk & Talk @ 10am

Crafts- Umbrella Wreath making @ 6pm

**APRIL 4TH**

Chair Exercises @ 10am

**APRIL 7TH**

Chair Exercises @ 10am

Crafts @ 6pm

**APRIL 9TH**

Walk & Talk @ 10am

**APRIL 10TH**

Sweating to the Oldies @ 6:30pm

**APRIL 11TH**

Chair Exercises @ 10am

**APRIL 14TH**

Chair Exercises @ 10am

Cooking Class @ 6pm

**APRIL 16TH**

Walk & Talk @ 10am

Basic First Aid Class @ 6pm

**APRIL 18TH**

Chair Exercises @ 10am

**APRIL 21ST**

Chair Exercises @ 10am

**APRIL 23RD**

Walk & Talk @ 10am

**APRIL 24TH**

Sweating to the Oldies @ 6:30pm

**APRIL 25TH**

Chair Exercises @ 10am

**APRIL 28TH**

Chair Exercises @ 10am

Crafts @ 6pm

**APRIL 30TH**

Walk & Talk @ 10am

*You can follow our health & wellness director on Facebook: La Harpe Health & Wellness. Kathy will share weekly brain teasers, hygiene facts and healthy quick meals. Don’t have access to Facebook, please let us know and we will find a way to get you the information.*