April 2014

"My Place" Activities

at the Gilbert Senior Center

	TUE 1 8:30 Chair Exercise 9:30 "Silver Sneakers" 11:00 Music-Dale 12:30 Mexican Train 12:30 RummiKub Club	WED 2 9:00 Yoga 11:15 Line Dancing* 12:30 Knit/Crochet 1:00 Zumba Video* 4:30 Dining Out Flaming Kabob	THUR 3 9:00 "Silver Sneakers" 10:00 BMI Tested 11:00 Music-CB Kelton 12:30 RummiKub Club 12:30 Bridge Club 2:00 Belly Dancing	FRI 4 8:45 Zumba* 10:15 Bingo * 12:30 Craft Club
MON 7 9:00 Tai' Chi 10:15 Bingo* 12:30 Jewelry Club	TUE 8 8:30 Chair Exercise 9:30 "Silver Sneakers" 10:00 Blood Pressures 11:00 Music-Ernie 12:30 Mexican Train 12:30 RummiKub Club	WED 9 9:00 Yoga SENIOR EXPO 9:00am-12:00pm 11:15 Line Dancing* 12:30 Knit/Crochet 1:00 Meet & Greet 1:00 Zumba Video*	THUR 10 9:00 "Silver Sneakers" 11:00 Music w/ Carl Nyberg 12:30 RummiKub Club 12:30 Bridge Club 2:00 Belly Dancing	FRI 11 8:45 Zumba* 10:15 Bingo * 12:30 Craft Club
MON 14 9:00 Tai' Chi 10:15 Bingo* 12:30 Jewelry Club 12:30 Wii Bowling	TUE 15 8:30 Chair Exercise 9:30 "Silver Sneakers" 11:00 Music-CB Kelton 12:30 Mexican Train 12:30 RummiKub Club	WED 16 9:00 Yoga 10:00 Bunco* 11:15 Line Dancing* 12:30 Knit/Crochet	THUR 17 9:00 "Silver Sneakers" 11:00 Music-MJ Moore 12:30 Let's Get Moving 12:30 RummiKub Club 12:30 Bridge Club 2:00 Belly Dancing	FRI 18 Easter Bonnett Contest! 8:45 Zumba* 10:15 Bingo * 1:00 Movie: Gravity
MON 21 9:00 Tai' Chi 10:15 Bingo* 12:30 Card Bingo*	TUE 22 8:30 Chair Exer. 9:30 "Silver Sneakers" 10:00 Blood Pressures 11:00 Music-Jay Ferris 12:30 Mexican Train 12:30 RummiKub Club 1:30 Menu Meeting(G)	WED 23 9:00 Yoga 11:15 Line Dancing* 12:30 Knit/Crochet 1:00 Site Council 1:00 Zumba Video*	THUR 24 9:00 "Silver Sneakers" 11:00 Music w/ Ernie G 12:30 RummiKub Club 12:30 Bridge Club 2:00 Belly Dancing	FRI 25 8:45 Zumba* 10:15 Bingo * 12:30 Craft Club
MON 28 9:00 Tai' Chi 10:15 Bingo* 12:30 Jewelry Club 12:30 Wii Bowling	TUE 29 8:30 Chair Exercise 9:30 "Silver Sneakers" 11:00 Music-Raphael 12:30 Mexican Train 12:30 RummiKub Club	WED 30 9:00 Yoga 10:00 Bunco* 11:15 Line Dancing* 12:30 Knit/Crochet 1:00 Zumba Video*		

If you have any questions please let us know.

Amanda/Activities
480-503-6059

Kris/Outreach
480-503-6061