

April

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Chair Yoga with Carol 9:30 MC- Living Rm 10:00 AL - Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro	Balance Exercises with Rebecca 9:30 MC - Living Rm 10:00 AL - Living Rm
5	6	7	8	9	10	11
	Breathing Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm	Chair Yoga with Carol 9:30 MC- Living Rm 10:00 AL - Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro	Balance Exercises with Rebecca 9:30 MC - Living Rm 10:00 AL - Living Rm
12	13	14	15	16	17	18
	Breathing Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm	Chair Yoga with Carol 9:30 MC- Living Rm 10:00 AL - Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro	Balance Exercises with Rebecca 9:30 MC - Living Rm 10:00 AL - Living Rm
19	20	21	22	23	24	25
	Breathing Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm	Chair Yoga with Carol 9:30 MC- Living Rm 10:00 AL - Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro	Balance Exercises with Rebecca 9:30 MC - Living Rm 10:00 AL - Living Rm
26	27	28	29	30		
	Breathing Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm	Chair Yoga with Carol 9:30 MC- Living Rm 10:00 AL - Bistro	Stretch & Cardio with Rebecca 9:30 MC - Living Rm 10:00 AL-Living Rm		

