

BEDFORD SENIOR COMMUNITY CENTER SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Enhance Fitness 8:15am Hand & Foot :9:30am Corn Hole 9:30am Veteran of the Month presentation 11:45am Euchre 12:30-3:30
4. Enhance Fitness 8:15am Yoga 9:15am - 10:15am Hand & Foot :9:30am Bingo @ 12:30pm	5. VOLUNTEER of the MONTH presentation 11:45am Sound Bath Meditation 10a-11a Line Dance Class 1:00pm - 2:30pm	6. Enhance Fitness 8:15am Hand & Foot :9:30am Bible Study 10:00am - 11:00am Bunco 12:30pm	7. Quilters 9:00a- 3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm	8. Enhance Fitness 8:15am Hand & Foot :9:30am Corn Hole 9:30am Euchre 12:30pm-3:30p
11. Enhance Fitness 8:15am Yoga 9:15am - 10:15am Hand & Foot :9:30am Bingo @ 12:30pm	12. VSO Don Cannon 11a-4p Lunch & Learn with Kate from Senior Legal Services 11:45am Line Dance Class 1:00pm - 2:30pm	13. Enhance Fitness 8:15am Hand & Foot :9:30am Card Class w/Roberta: 10am-11:30am Bunco 12:30pm	14. Quilters 9:00a-3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm	15. Senior Day Enhance Fitness 8:15am Hand & Foot :9:30am Corn Hole 9:30am Music Entertainment by "Mary's Music & More" 11:30am Euchre 12:30pm-3:30p Rock Art 12:30p Shenanigans Sponsored by Vibrant Life
18. Enhance Fitness 8:15am Yoga 9:15am - 10:15am Hand & Foot :9:30am Bingo @ 12:30pm	19. Crafts w/ Stacy- "Easter Bunny Theme" 10:30am-11:30am NO Line Dance Class today	20. Enhance Fitness 8:15am Hand & Foot :9:30am Bible Study 10:00am - 11:00am Library in Motion 11:00am - 12pm Bunco 12:30pm Sound Bath Meditation 12:30p-1:30p	21. Quilters 9:00a-3:00p Lunch & Learn with Lexi from Aspen Grove 11:45am Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm	22. Enhance Fitness 8:15am Hand & Foot :9:30am Corn Hole 9:30am Euchre 12:30pm-3:30p
25. Enhance Fitness 8:15am Yoga 9:15am - 10:15am Hand & Foot :9:30a Bingo @ 12:30pm	26. TRIVIA DAY 10:30a-11:30a VSO Don Cannon 11a-4p Book Club 12:30pm Line Dance Class 1:00pm-2:30pm	27. Enhance Fitness 8:15am Hand & Foot :9:30am Bunco 12:30pm	28. Quilters 9:00a-3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm National Vietnam Veterans Day Celebration	29. CLOSED GOOD FRIDAY

BEDFORD SENIOR COMMUNITY CENTER SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. April Fool's Day!</p> <p>Enhance Fitness 8:15a</p> <p>Yoga 9:15am - 10:15a</p> <p>Hand & Foot 9:30a</p> <p>Bingo 12:30p</p>	<p>2. Volunteer of the Month Presentation 11:45a</p> <p>Sound Bath Meditation 10:00a-11:00a</p> <p>Line Dance Class 1:00p-2:30p</p>	<p>3. Enhance Fitness 8:15a</p> <p>Hand & Foot :9:30a</p> <p>Bible Study 10:00a - 11:00a</p> <p>Bunco 12:30p</p>	<p>4.Quilters 9:00a-3:00p</p> <p>Tai Chi 12:30p - 1:30p</p> <p>Double Deck Pinochle 12:30p - 3:00p</p>	<p>5. Enhance Fitness 8:15a</p> <p>Corn Hole 9:30a</p> <p>Hand & Foot 9:30a</p> <p>Veteran of the Month Presentation 11:45a</p> <p>Euchre 12:30p-3:30p</p>
<p>8.Enhance Fitness 8:15a</p> <p>Yoga 9:15a - 10:15a</p> <p>Hand & Foot 9:30a</p> <p>Bingo 12:30p</p>	<p>9. New Member Meet & Greet 9am</p> <p>VSO Officer Don Cannon 11a-4p</p> <p>Line Dance Class 1:00p-2:30p</p>	<p>10. Enhance Fitness 8:15a</p> <p>Hand & Foot 9:30a</p> <p>Roberta's Card Class- 10:00a-11:30a</p> <p>Bunco 12:30p</p>	<p>11. Quilters 9:00a-3:00p</p> <p>Lunch & Learn: 11:45a Dr. Emily Neal, PT</p> <p>Tai Chi 12:30p- 1:30p</p> <p>Double Deck Pinochle 12:30p - 3:00p</p>	<p>12. Enhance Fitness 8:15a</p> <p>Corn Hole 9:30a</p> <p>Hand & Foot 9:30a</p> <p>Euchre 12:30p-3:30p</p>
<p>15. Enhance Fitness 8:15a</p> <p>Yoga 9:15a - 10:15a</p> <p>Hand & Foot :9:30a</p> <p>Bingo @ 12:30p</p> <p>*National "Wear Purple Day!" Dress up!</p>	<p>16. Craft's w/ Stacy-10:30a: "Floral Teacup Centerpieces Theme"</p> <p>Line Dance Class 1:00p- 2:30p</p> <p>*National "PJ day!" Yep- wear your Jammies!</p>	<p>17. Enhance Fitness 8:15a</p> <p>Hand & Foot 9:30a</p> <p>Bible Study 10:00a - 11:00a</p> <p>Library in Motion 11:00a - 12:00p</p> <p>Sound Bath Meditation 12:30p-1:30p</p> <p>Bunco 12:30p</p>	<p>18.Quilters 9:00a-3:00p</p> <p>Tai Chi 12:30p - 1:30p</p> <p>Double Deck Pinochle 12:30p - 3:00p</p>	<p>19.Enhance Fitness 8:15a</p> <p>Corn Hole 9:30a</p> <p>Hand & Foot 9:30a</p> <p>Rock Art: 12:30p</p> <p>Euchre 12:30p-3:30p</p>
<p>22.Enhance Fitness 8:15a</p> <p>Yoga 9:15a - 10:15a</p> <p>Hand & Foot 9:30a</p> <p>Bingo @ 12:30p</p> <p>*National Volunteer Week!!</p>	<p>23.VSO Officer Don Cannon 11a-4p</p> <p>Trivia Day 10:30a-11:30a</p> <p>Book Club 12:30p</p> <p>Line Dance Class 1:00p - 2:30p</p>	<p>24.Enhance Fitness 8:15a</p> <p>Hand & Foot 9:30a</p> <p>Bunco 12:30p</p>	<p>25. Quilters 9:00a-3:00p</p> <p>Tai Chi 12:30p - 1:30p</p> <p>Double Deck Pinochle 12:30p - 3:00p</p>	<p>26.Enhance Fitness 8:15a</p> <p>Corn Hole 9:30a</p> <p>Hand & Foot 9:30a</p> <p>Euchre 12:30p-3:30p</p>
<p>29.Enhance Fitness 8:15a</p> <p>Yoga 9:15a - 10:15a</p> <p>Hand & Foot 9:30a</p> <p>Bingo @ 12:30pm</p>	<p>30. National Jazz Day! 11:30am- Musical Guest Ramona Collins! Co-Sponsored by IHM</p> <p>NO Line Dance Class today</p>			