



April 2024

RiverWalk
Center for Healthy Aging
(570) 601-9592

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Wood Carving 9:00 Zumba 1:00 HSIM 2:30 Chair Yoga w Cate</p>	<p>2</p> <p>10:30 Chair Yoga-Virtual 1:00 Get the Dirt on Gardening</p>	<p>3</p> <p>9:00 Cards 12:30 Lose Weight w 8 2:00 Line Dance</p>	<p>4</p> <p>9:00 iPhone Training (sign up required) 10:30 Drawing w/George 1:00 Bingo</p>	<p>5</p> <p>12:30 Rummikub/Cards</p>
<p>8</p> <p>9:00 Wood Carving 9:00 Zumba 1:00 HSIM 2:30 Chair Yoga w Cate</p>	<p>9</p> <p>10:30 Chair Yoga-Virtual 1:00 Get the Dirt on Gardening</p>	<p>10</p> <p>9:00 iPhone Training (sign up required) 9:00 Cards 12:30 Lose Weight w 8 2:00 Line Dance</p>	<p>11</p> <p>CENTER CLOSED Staff Training</p>	<p>12</p> <p>11:30 Health Talk w/ AmeriHealth 12:30 Rummikub/Cards</p>
<p>15</p> <p>9:00 Wood Carving 9:00 Zumba 1:00 HSIM 2:30 Chair Yoga w Cate</p>	<p>16</p> <p>9:00 iPhone Training (sign up required) 10:30 Chair Yoga-Virtual 1:00 Joyful Gardening & Safe Aging</p>	<p>17</p> <p>9:00 Cards 12:30 Lose Weight w 8 2:00 Line Dance</p>	<p>18</p> <p>10:30 Drawing w/George 1:00 Bingo</p>	<p>19</p> <p>12:30 Rummikub/Cards</p>
<p>22</p> <p>9:00 Wood Carving 9:00 Zumba 1:00 HSIM 2:30 Chair Yoga w Cate</p>	<p>23</p> <p>10:30 Chair Yoga-Virtual 1:00 Get the Dirt on Gardening</p>	<p>24</p> <p>9:00 Cards 12:30 Lose Weight w 8 2:00 Line Dance</p>	<p>25</p> <p>10:30 Drawing w/George 1:00 Bingo</p>	<p>26</p> <p>12:30 Rummikub/Cards</p>
<p>29</p> <p>9:00 Wood Carving 9:00 Zumba 1:00 HSIM 2:30 Chair Yoga w Cate</p>	<p>30</p> <p>9:00 iPhone Training (sign up required) 10:30 Chair Yoga-Virtual 1:00 Get the Dirt on Gardening</p>			<p><i>Come eat lunch with us!</i> <i>Lunch served daily at 11:30am</i> <i>Call to reserve a meal!</i></p>