

# APRIL SHOWERS BRING...



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1	2	3	4	5
<p>9:30 Zumba Gold Caring Hands of Johnston 10-3 <b>Johnston Sr Adv Board Mtg 1:00 (Public Welcome)</b> Movie Monday (Following Lunch)</p>	<p>9:30 Mah Jongg  Peaceful Yoga 9:15 Adaptive Yoga 10:45  Tuesday Trivia 11:00</p>	<p>10:00 Silver Sneakers  "Sew-cial" 10-3  1:00 Games</p>	<p>Tai Chi 11:00  1:00 Game</p>	<p>10:30 Coloring Coloring <b>Health Main Clinic</b> 9:00-1:30  12:30 Bingo</p>
<p>8 9:30 Zumba Gold Caring Hands of Johnston 10:00 to 3:00  Movie Monday (Following Lunch)</p>	<p>9 9:30 Mah Jongg  Peaceful Yoga 9:15 Adaptive Yoga 10:45  Tuesday Trivia 11:00</p>	<p>10 10:00 Silver Sneakers  "Sew-cial" 10-3 1:00 Games</p>	<p>11 Tai Chi 11:00  1:00 Games</p>	<p>12 10:30 Coloring <b>Health Main Clinic</b> 9:00-12:30 <b>Guest Speaker Eyerly-Ball</b> (Following Lunch) 12:30 Bingo</p>
<p>15 9:30 Zumba Gold Caring Hands of Johnston 10:00 to 3:00  Movie Monday (Following Lunch)</p>	<p>16 9:30 Mah Jongg  Peaceful Yoga 9:15 Adaptive Yoga 10:45  Tuesday Trivia 11:00</p>	<p>17 10:00 Silver Sneakers "Sew-cial" 10-3 <b>Music Jam 12:30-2:00</b> 1:00 Games  Fun Night 6:30 - 9:30</p>	<p>18 Tai Chi 11:00  1:00 Games</p>	<p>19 10:30 Coloring Coloring  12:30 Bingo</p>
<p>22 9:30 Zumba Gold Caring Hands of Johnston 10:00 to 3:00  Movie Monday (Following Lunch)</p>	<p>23 9:30 Mah Jongg 9:15 Peaceful Yoga 10:45 Adaptive Yoga Tuesday Trivia 11:00  11:00-12:30 VNS</p>	<p>24 10:00 Silver Sneakers  "Sew-cial" 10-3  1:00 Games</p>	<p>25 Tai Chi 11:00  1:00 Games</p>	<p>26 10:30 Creative Coloring  12:30 Bingo</p>
<p>29 9:30 Zumba Gold Caring Hands of Johnston 10:00 to 3:00  Movie Monday (Following Lunch)</p>	<p>30 9:30 Mah Jongg 9:15 Peaceful Yoga 10:45 Adaptive Yoga  Tuesday Trivia 11:00</p>	<p><b>APRIL ACTIVITY CALENDAR</b> <b>JOHNSTON POLK CO</b> <b>SENIOR CENTER</b> 6300 Pioneer Parkway Johnston, IA <b>Call 251-3707 for reservations</b> Lunch served daily @ 12:00 noon. (Except Fridays, 11:45a.m.)</p>		