

Calendar of Activities - April 2024

Monday - April 1	Tuesday - April 2	Wednesday - April 3	Thursday - April 4	Friday - April 5
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk 5:30-7:30p Garden Painting	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 10:00-11:00a Peer Support w/Kelly 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Grief Support with Regina 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:40-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 12:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata	6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation w/Kirk 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - April 8	Tuesday - April 9	Wednesday - April 10	Thursday - April 11	Friday - April 12
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk 5:30-7:30p Garden Painting	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Decoupage Art w/Maxine 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:40-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:30a Memoir Writing Class 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata	6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation w/Kirk 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - April 15	Tuesday - April 16	Wednesday - April 17	Thursday - April 18	Friday - April 19
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk 5:30-7:30p Garden Painting	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Decoupage Art w/Maxine 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-2:30p Frugal Living 1:00-4:00p Ceramics with Vickie 1:40-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-12:00p JOLLY TIMES 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 1:30-2:30p Mixed Media Art with Kirk 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata	6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation w/Kirk 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - April 22	Tuesday - April 23	Wednesday - April 24	Thursday - April 25	Friday - April 26
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk 5:30-7:30p Garden Painting	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00am-10:00am Newsletter Folding 8:30-11:30a Pinochle 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Interm/Adv. Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Decoupage Art w/Maxine 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:40-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 1:30-2:30p Mixed Media Art with Kirk 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata	6:00-6:45a - Fast Fitness w/ Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Self Care with Ellie 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00-4:00p Bridge 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-4:00p Interm/Adv. Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation w/Kirk 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - April 29	Tuesday - April 30			
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game/Hand&Foot 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk 5:30-7:30p Garden Painting	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Decoupage Art w/Maxine 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale			
				