

VALLEY WEST CENTER ACTIVITIES APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	2 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	3 9:00 Walk N Roll Exercise 10-12 Diabetes Education Class 10:30 Bingo	4 8:00 Socialization 9:00 Crafts 11:00 Bingo	5 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring	6
7	8 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	9 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	10 9:00 Walk N Roll Exercise 10-12 Diabetes Education Class 10:30 Bingo	11 8:00 Socialization 9:30 Crafts with C.C. 11:00 Bingo	12 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring Contest	13
14	15 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	16 8:00 Games/Cards 10:30 Name that Tune With Gene V. 11:30 Baby Picture Contest	17 9:00 Walk N Roll Exercise 10-12 Diabetes Education Class 10:30 Bingo	18 8:00 Socialization 10:00 Site Council 11:00 Grocery Bingo With Wesley	19 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring	20
21 	22 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	23 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	24 8:00 Socialization 9:00 Walk N Roll Exercise 10:30 Bingo	25 8:00 Socialization 9:00 Crafts 10:00 Blood Pressure	26 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring Birthday Celebration	27 
28	29 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	30 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity				
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