

Senior Community Center: The 4 Seasons

Hours: Monday - Friday
8:30 am - 2:00 pm

Center Phone: 436-6847










CARS Phone Number: 242-2277

Month/Year April 2010

Center Manager: Mary Palm

"BRING A FRIEND"

Elder Community Services, Inc.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 Healthy Steps In Motion		Lunch & Announcements at 11:30AM All Activities Are Optional				1 *Easter Games		2 GOOD FRIDAY CENTER CLOSED 	
5 *10:00AM HSIM *11:00AM Joys & Concerns w/ Linda Fultz		6 *10:30AM History of Easter *Reminisce: "Singing in the Rain"		7 *10:00AM HSIM  *11:00AM Center Meeting *12:00Noon Cards		8 *10:30AM Reminiscent "A Walk Down Memory Lane - Wisdom from 1885" *Puzzles		9 *10:00AM HSIM *11:00AM Pass the Trash	
12 *10:00AM HSIM  *11:00AM Joys & Concerns w/ Gayle Rider *Celebrating Birthdays		13 *10:30AM Eating for One *11:00AM Boost Your Mood With Color-Tips to find Energy, Happiness or Calm		14 *10:00AM HSIM *11:00AM Health Talk w/ Becky Connolly		15  *10:30AM Stress Management Tips *Creative Musing		16 *9:00AM HSIM *10:00AM Bingo	
19 *10:00AM HSIM *11:00AM "Know Your Rights" w/ Kathy McCartney		20 *This Was the Year - "1957"  *10:30AM Dice Bingo		21 *10:00AM HSIM *11:00AM Joys & Concerns w/ Chris Mathison		22 *10:30AM Bulletin Board Trivia Person, Place, or Thing		23 *9:00AM HSIM  *10:00AM Senior Games Preview	
26 *10:00AM HISM *11:00AM Joys & Concerns w/ Pastor Esborn *Cards 		27 *10:30AM the Thief of Sleep "Sounding the Alarm About Sleep Apnea" *Puzzles		28 *10:00AM HSIM *11:30AM Diabetes/ Diet Tips w/ Lee Weaver and Deb Mingle *Pass the Trash		29  *10:30AM Reminisce: "Neighbors" and "Flying Kites" *Puzzles or Games		30 *10:00AM HSIM *11:00AM Playing Cards	