

CLOVERDALE SENIOR CENTER

Event Calendar - April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:15am Walking Group 9am HAIRCUTS 9am Yoga 10:15am Qigong Tai Chi 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	3 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 5:30pm Meditation Group	4 8:15am Walking Group 9am Yoga 9:30 HICAP (By Appt) 10am Enneagram 10am SRJC Art Class 11:30-1:00PM Blood Pressure Check 11:30am Lunch	5 10am-1pm AARP Tax Preparation 10:15am Nimble Fingers 11:30 Lunch 1pm Intermediate Water Color Class 1:30pm Strength training	6 8:15am Walking group 10am Legal Aid (By Appt) 10am Senior Produce Market 11:30am Lunch 12:30pm-5pm Games	7
8	9 8:15am Walking Group 9am Yoga 10:15am Qigong Tai Chi 10-11am Foster Grandparent Program Presentation 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo 1:00pm Gardening Group 3:15 BUNCO	10 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 5:30pm Meditation Group	11 8:15am Walking Group 9am Yoga 9-11 am eWaste drop-off 10am Enneagram 10-1 Podiatrist by appt 10am SRJC Art Class 11:30-1:00pm Blood Pressure Check 11:30am Lunch 2:00 Collage Group	12 10am-1pm AARP Tax Preparation 10:15am Nimble Fingers 11:30 Lunch 1pm Intermediate Water Color Class 1:30pm Strength training	13 8:15am Walking Group 10 am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth 11:30am Lunch 12:30-pm-5pm Games	14
15	16 8:15am Walking Group 9am Yoga 10:15am Qigong Tai Chi 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	17 9am Yoga 10 am Women's Group 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 5:30pm Meditation Circle	18 8:15am walking Group 9am Yoga 10am Enneagram 10am SRJC Art Class 11:30-1:00PM Blood Pressure Check 11:30am Lunch 1pm NEW MEMBERS MEET & GREET w/ Mardi 1pm Windsor Healdsburg Mortuary Presentation	19 10:15am Nimble Fingers 11:30 Lunch 12:30 Monthly BIRTHDAY PARTY! 1pm Intermediate Water Color Class 1:30pm Strength training 	20 8:15am Walking group 10am Senior Produce Market 10am Legal Aid (By Appt) 11am Recology Presentation 11:30am Lunch 12:30pm-5pm Games	21
22	23 8:15am Walking Group 9am Yoga 10:15am Qigong Tai Chi 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	24 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 5:30pm Meditation Circle	25 8:15 am Walking Group 9am Yoga 10am Enneagram 10am SRJC Art Class 11:30-1pm Blood Pressure 11:30am Lunch	26 9-12 Caregivers Group 10:15am Nimble Fingers 11:30am Lunch 1pm Intermediate Water Color Class 1:30pm Strength Training	27 8:15am Walking group 10am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth 11:30am Lunch 12:30pm-5pm Games	28

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PRESENTATIONS IN APRIL:

- April 9, Monday, 10:00 **Foster Grandparent Program**
- April 18, Wednesday, 1:00 **Windsor Healdsburg Mortuary**
- April 20, Friday, 11:00 **Recology**

NEW ACTIVITIES THIS YEAR:

- April 13 AND 27, Friday, 10:30-11:30 **Guitar Lessons with Beth by appointment**
- April 9, Monday, 1:00 **Gardening Group**
- April 18, Wednesday 1:00 **New and returning member meet and greet with Mardi**

COMMUNITY RESOURCE:

- April 11, Wednesday, 9:00-11:00 **E Waste drop-off at Cloverdale Senior Center**

707-894-4826 • 311 North Main Street, Cloverdale, CA 95425

Mailing: P.O. Box 663, Cloverdale, CA 95425 • www.CloverdaleSeniorCenter.com