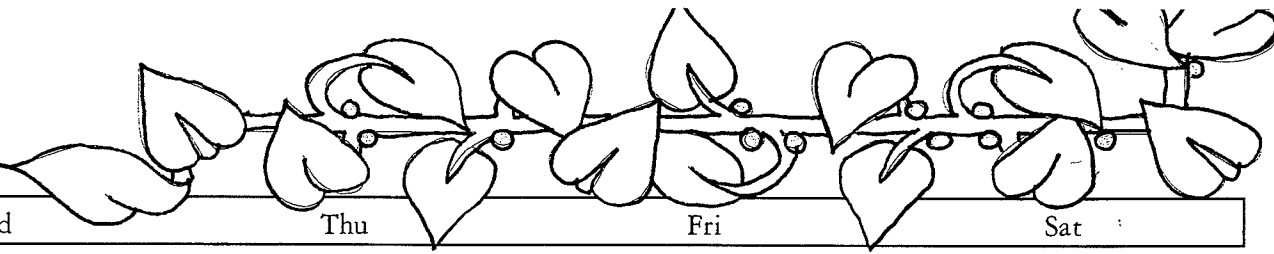
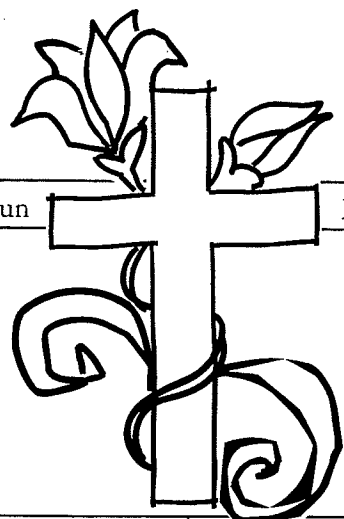


April 2010



Sun

Mon

Tue


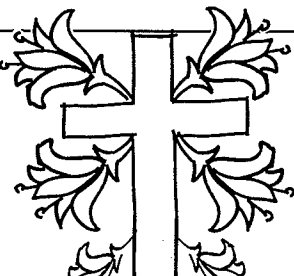
Wed

Thu

Fri

Sat

*May the blessings of Easter
lighten your heart and fill you
with joy!*

				10:00 Crafts 2:30 Love Notes	1 9:15am Wal Mart 10:30- 2:00 TJ Creative Design 11 - 1 "Easter Parade" Lunch <i>Muriel Mendoza</i> <i>Ann Pierce</i>	2 	3
HAPPY EASTER 9:30AM Bible Study 10:15 AM WORSHIP 6:30 PM WORSHIP	9:00 Blood Pressure <u>1:30pm Kroger</u>	10:00 am - 10:45am Bank 11:15 Ladies Lunch Out 4:00 Ladies Bible Study 4:00 Men's Bible Study	9:15 am Wal-Mart <u>1:30pm Kroger</u> 3:00 New Bible Land Video 4:00 Chorus 6:30 pm Bible Study	10:00 Crafts 11 - 2 Jewels by Park Lane 2:30 Braum's <i>Minnie Mae Hall</i>	9:15am Wal Mart 10:00 ACI Academy Kids	11:00 - 1:00 Hawaiian Luau at the Lake	
9:30AM Bible Study 10:15 AM WORSHIP 6:30 PM WORSHIP <i>Fern Buttram</i>	9:00 Blood Pressure <u>1:30pm Kroger</u> 2:30 Book Review <i>Bud Sellers</i>	10:00 am - 10:45am Bank 2:30 Bingo 4:00 Ladies Bible Study 4:00 Men's Bible Study	9:15 am Wal-Mart 11 - 3 Cosmetics & More <u>1:30pm Kroger</u> 3:00 New Bible Land Video 4:00 Chorus 6:30 pm Bible Study	10:00 Crafts 2:30 Dollar Tree <i>Mary Ann Reynolds</i>	9:15am Wal Mart 10:30 Mud Pies 2:00 Wii Games	<i>Donna Gower</i> <i>Robert Johnson</i>	
9:30AM Bible Study 10:15 AM WORSHIP 6:30 PM WORSHIP <i>Fay Howard</i>	9:00 Blood Pressure 11:30 Volunteer Appreciation Luncheon <u>1:30pm Kroger</u> 3:00 Alzheimer Support	10:00 am - 10:45am Bank 11:15 Anyone Lunch Out 4:00 Ladies Bible Study 4:00 Men's Bible Study	9:15 am Wal-Mart <u>1:30pm Kroger</u> 3:00 New Bible Land Video 4:00 Chorus 6:30 pm Bible Study <i>William R. Slone</i>	EARTH DAY 10:00 Manager's Corner 11 - 2 Joyful Creations 2:30 Movie	9:15am Wal Mart 2:30 Birthday Social <i>Judd Walden</i>	10:30 - 2:00 Vendor Fair	
9:30AM Bible Study 10:15 AM WORSHIP 6:30 PM WORSHIP <i>Juanita Boggs</i>	9:00 Blood Pressure <u>1:30pm Kroger</u> 3:00 To Your Health	10:00 am - 10:45am Bank 11:15 Men's Lunch Out 4:00 Ladies Bible Study 4:00 Men's Bible Study <i>Cathe Bentley</i>	9:15 am Wal-Mart <u>1:30pm Kroger</u> 3:00 New Bible Land Video 4:00 Chorus 6:30 pm Bible Study	10:00 Crafts 2:00 Mall Outing	9:15am Wal Mart 11 - 2 Kool Jools 3:00 Spring Fashion Show		



Wellness Center Calendar



Sun **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Sat**

<p>Save Your Vision Week</p> 	<p>1 National Freedom Day 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>2 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 2:00 Wellness Matters 4:00 Men's Bible Study</p>	<p>3 8:30 AM Exercise 10:00 Seated Pilates 12:30 Chair Yoga 1:30 Chair Yoga 2:00 Better Balance</p>	<p>4 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 2:00 Yoga w/Laura 6:30 Men's Movie Night</p>	<p>5 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>6</p> 
<p>7</p> 	<p>8 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>9 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 4:00 Men's Bible Study</p>	<p>10 8:30 AM Exercise 10:00 Seated Pilates 12:30 Chair Yoga 1:30 Chair Yoga 2:00 Better Balance 6:00 Brahm's Hockey</p>	<p>11 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 2:00 Yoga w/Laura</p>	<p>12 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>13</p> <p>Spring forward!</p>  <p>Before Bed</p>
<p>National Poison Prevention Week</p> 	<p>15 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>16 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 4:00 Men's Bible Study</p>	<p>17 St. Patrick's Day 8:30 AM Exercise 10:00 Seated Pilates 12:30 Chair Yoga 1:30 Chair Yoga 2:00 Better Balance</p>	<p>18 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 2:00 Yoga w/Laura 6:30 Men's Book Study</p>	<p>19 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>20 First Day of Spring</p> 
<p>21</p> 	<p>22 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>23 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 4:00 Men's Bible Study</p>	<p>24 8:30 AM Exercise 10:00 Seated Pilates 12:30 Chair Yoga 1:30 Chair Yoga 2:00 Better Balance</p>	<p>25 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 2:00 Yoga w/Laura 6:30 Men's Movie Night</p>	<p>26 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>27</p> 
<p>28</p> 	<p>29 8:30 AM Exercise 10:00 Seated Pilates 2:00 Better Balance 4:00 Senior BodyBalance</p>	<p>30 8:30 Seated Pilates 10:00 AM Exercise 12:15 Seated Tai Chi 1:30 Seated Tai Chi 4:00 Men's Bible Study</p>	<p>31 8:30 AM Exercise 10:00 Seated Pilates 12:30 Chair Yoga 1:30 Chair Yoga 2:00 Better Balance</p>	<p>National Nutrition Month!</p> <h1>March 2010</h1> 		