

# April 2024

*O'Connor*

March '24							May '24						
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3	4	5	6	7	8	9	5	6	7	8	9	10	11
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17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
31	CLOSED	1 8:30am Devotion 9am-Silver Sneakers Circuit 10:00 NO CLASS 10:30-11:30 Bingo 11:30am-12:00 pm LUNCH 12-1 Puzzle & World Challenge	2 8:30 Devotion 7:30-11 Toning Table Class 9:30-1:30 Bridge Club 11:30am-12:00pm LUNCH 12-1 Puzzle & World Challenge	3 8:30 Devotion 8:45am-9:45 Dance Moves 10:00am-11 Tai Chi 11:30am-12:00PM Lunch 2:00pm-3 Line Dance Paws & Taws 7PM to 9PM	4 8:30 Devotion 7:30-11 Toning Table Class 9:30-1:30 Bridge Club 11:30am-12:00pm LUNCH 12-1 Puzzle & World Challenge	5 8:30am Devotion 9:00am SilverSneaker Cir. 10am-Journey's End 11am-Art(Coloring) 11:30-12:00pm-LUNCH 12-1 Puzzle & World Challenge	6	CLOSED					
7	CLOSED	8 8:30am Devotion 9-10 Silver Sneakers Circuit 10:00 NO CLASS 10:30-11:30 Bingo 11:30am-12:00 pm LUNCH 12-1 Puzzle & World Challenge	9 8:30 Devotion 7:30-11 Toning Table Class 9:30-1:30 Bridge Club 11:30am-12:00pm LUNCH 12-1 Puzzle & World Challenge	10 8:30am Devotion 8:45am-9:45 Dance Moves 10:00am-11 Tai Chi 11:30am-12:00PM Lunch 2:00pm-3 Line Dance Paws & Taws 7PM to 9PM	11 8:30am Devotion 7:30am-11 Toning Tables 9:30am-1:30 Bridge Club 11:30am-12:00pm LUNCH 12:30-1:30 Floor Yoga	12 8:30am Devotion 9:00am SilverSneaker Cir. 10:00am Word Pictures 11:00am Game Time 11:30-12:00pm-LUNCH 7:30Pm-9:30 Paws & Taws	13	CLOSED					
14	CLOSED	15 8:30 Devotion 9am-Silver Sneakers Circuit 10:00 NO CLASS 10:30-11:30 Bingo 11:30am-12:00 pm LUNCH 12-1 Puzzle & World Challenge	16 8:30am-Devotion 7:30-11 Toning Table Class 9:30-1:30 Bridge Club 11:30am-12:00pm LUNCH 12-1 Puzzle & World Challenge	17 8:30am Devotion 8:45am-9:45 Dance Moves 10:00am-11 Tai Chi 11:30am-12:00PM Lunch 2:00pm-3 Line Dance Paws & Taws 7PM to 9PM	18 8:30am Devotion 7:30am-11 Toning Tables 9:30am-1:30 Bridge Club 11:30am-12:00pm LUNCH 12:30-1:30 Floor Yoga	19 8:30am Devotion 9:00am SilverSneaker Cir. 10:00am Bingo 11:00Am Let's Breath 11:30-12:00pm-LUNCH 12-1 Puzzle & World Challenge	20	CLOSED					
21	CLOSED	22 8:30am Devotion 9am-Silver Sneakers Circuit 10:00 NO CLASS 10:30-11:30 Art (coloring) 11:30am-12:00pm LUNCH 12-1 Puzzle & World Challenge	23 8:30am-Devotion 7:30-11 Toning Table Class 9:30-1:30 Bridge Club 11:30am-12:00pm LUNCH 12-1 Puzzle & World Challenge	24 8:30am Devotion 8:45am-9:45 Dance Moves 10:00am-11 Tai Chi 11:30-12 Lunch 2:00pm-3 Line Dance Paws & Taws 7PM to 9PM	25 8:30am Devotion 7:30am-11 Toning Tables 9:30am-1:30 Bridge Club 11:30am-12:00pm LUNCH 12:30-1:30 Floor Yoga	26 8:30am Devotion 9:00am SilverSneaker Cir. 10:00am Bingo 11:00Am Let's Breath 11:30-12:00pm-LUNCH 12-1 Puz. & World Challenge	27	CLOSED					
28	CLOSED	29 8:30am Devotion 9am-Silver Sneakers Circuit 10:00 NO CLASS 10:30-11:30 Art (coloring) 11:30am-12:00pm LUNCH 12-1 Puzzle & World Challenge	30 8:30am-Devotion 7:30-11 Toning Table Class 9:30-1:30 Bridge Club 11:30am-12:00pm LUNCH 12-1 Puzzle & World Challenge	1	2	3	4						
5		6	Notes	<p>Senior Solutions 101 Perry Ave. Seneca, SC 29678            OPEN Mon.-Fri. 8:00 AM to 5:00 PM            EXERCISE ROOMS OPEN MONDAY TO FRIDAY 8:00am to 4:30pm            ALL EXERCISE CLASSES \$2.00            Deborah Cobb (Manager) 864-886-1063</p>									