

YOUR Bridge

TO WELLNESS

April 2018

Key

(1L) 1st Floor Lobby (LR) Living Room
 (2L) 2nd Floor Lobby (MR) Media Room
 (GS) Garden Suites (SU) Sign-Up
 (DRP) 1st Floor Dining Room Porch

Mon	Tue	Wed	Thu	Fri
<p>2 9:00 am Sunshine Walking Club (1L) 10:30 am One on One (2L) 12:45 pm Accordion Serenade (GS) 2:30 pm The Bridges Chorus (2DR)</p>	<p>3 1:00 pm Chair Yoga (2L)</p> <p>CHAIR YOGA</p>	<p>4 9:00 am Sunshine Walking Club (1L) 11:00 am One-on-One Fitness Center (SU-CH) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>5 1:30 pm "Balance Matters" Class (2L)</p>	<p>6 11:00 am Sunshine Walking Club (1L) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm One-on-One Fitness Center (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>9 9:00 am Sunshine Walking Club (1L) 10:30 am One on One (2L) 12:45 pm Accordion Serenade (GS) 2:30 pm The Bridges Chorus (2DR)</p>	<p>10 1:00 pm Chair Yoga (2L) 2:30 pm Bowlarama (2L)</p>	<p>11 11:00 am One-on-One Fitness Center (SU-CH) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>12 10:30 am Bean Bag Toss (2L) 1:30 pm "Balance Matters" Class (2L)</p>	<p>13 9:00 am Fun & Fitness (2L) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm One-on-One Fitness Center (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>16 9:00 am Sunshine Walking Club (1L) 10:30 am One on One (2L) 12:45 pm Accordion Serenade (GS) 2:30 pm The Bridges Chorus (2DR)</p>	<p>17 1:00 pm Mind Games and Familiar Faces (2L)</p>	<p>18 9:00 am Sunshine Walking Club (1L) 10:30 am Fun with Gary (GS) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>19 10:30 am Bean Bag Toss (2L) 1:00 pm Increase Upper Body Strength Thera bands & Weights (2L)</p>	<p>20 11:00 am Sunshine Walking Club (1L) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm One-on-One Fitness Center (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>23 9:00 am Sunshine Walking Club (1L) 10:30 am One on One (2L) 12:45 pm Accordion Serenade (GS) 2:30 pm The Bridges Chorus (2DR)</p>	<p>24 1:00 pm Chair Yoga (2L) 2:30 pm Bowlarama (2L)</p>	<p>25 9:00 am Sunshine Walking Club (1L) 11:00 am One-on-One Fitness Center (SU-CH) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>26 10:30 am Bean Bag Toss (2L) 1:30 pm "Balance Matters" Class (2L)</p>	<p>27 9:00 am Fun & Fitness (2L) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm One-on-One Fitness Center (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>30 9:00 am Sunshine Walking Club (1L) 10:30 am One on One (2L) 12:45 pm Accordion Serenade (GS)</p>				