

2024 April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>A Purposeful Podcast, guided stretching, intention setting *Lunch*</i> <u>10AM-2PM</u>	2 Spiritual Wellness course <u>11AM-12PM*Zoom*</u> Coffee&catch-up @ Harmon Apartments <u>1-2PM</u>	3 <i>Wellness Wednesday Seated Upper Body, Finish that sentence *Lunch*</i> <u>10AM-2PM</u>	4 Virtual Wellness group with Emily and Sori 11AM-12PM & Virtual trivia with a <u>mocktail or cocktail from 6-7PM!</u>	5 <i>*NEW* Group Personal Training with Jeremy Colon 11AM-12PM *Lunch* Weekly news quiz & mindfulness</i>	6
7	8 <i>A Purposeful Podcast, Whitney Houston Workout, intention setting *Lunch*</i> <u>10AM-2PM</u>	9 Spiritual Wellness course 11AM-12PM *Zoom* Coffee&catch-up @ Harmon Apartments <u>1-2PM</u>	10 <i>Wellness Wednesday Neck, Arm and Shoulders, Jeopardy*Lunch*</i> <u>10AM-2PM</u>	11 Virtual Wellness group with Emily and Sori 11AM-12PM	12 <i>*NEW* Group Personal Training with Jeremy Colon 11AM-12PM *Lunch* crosswords&mindfulness</i>	13
14	15 <i>No B.Fit! In observance of Patriots' Day!</i>	16 <i>*Final* Spiritual Wellness course 11AM-12PM *Zoom*</i> Coffee&catch-up @ Harmon Apartments 1-2PM	17 <i>Wellness Wednesday Sensory Exercises, Hand Strength*Lunch*</i> <u>10AM-2PM</u>	18 Virtual Wellness group with Emily and Sori 11AM-12PM	19 Let's Make Flower Arrangements with our friends @ Paula's Blooming Hope! <u>10AM-2PM</u>	20
21	22 <i>A Purposeful Podcast, Hand and wrist exercises, intention setting *Lunch*</i> <u>10AM-2PM</u>	23 Virtual B. Fit! 11AM-12PM *ZOOM* Coffee&catch-up @ Harmon Apartments <u>1-2PM</u>	24 <i>Wellness Wednesday Aromatherapy Finish that sentence *Lunch*</i> <u>10AM-2PM</u>	25 <i>*SPECIAL*Fall Prevention Virtual Course** with Kristy Ford MS, OTR/L</i> <u>11AM-12PM *ZOOM*</u>	26 <i>*NEW* Group Personal Training with Jeremy Colon 11AM-12PM, followed by</i>	27
28	29 <i>A Purposeful Podcast, Forest walk meditation, intention setting *Lunch*</i> <u>10AM-2PM</u>	30 Virtual B.Fit! 11AM-12PM *ZOOM* Coffee&catch-up @ Harmon Apartments <u>1-2PM</u>			End of April Pizza Celebration!	