

APRIL MONTH- AT GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting	2 9:30 am Line Dancing in Gym 10:00 am ** Food & Nutrition Class w/t Erica Chaney @10am	3 9:45 am Seniorcise Chair Exercise w/t Otis Option: Quilting	4 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	5 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo
8 **10:00am Bingo w/t Humana (Susan Patton)	9 9:30 am Line Dancing in Gym 10:00 am ** Food & Nutrition Graduation w/t Erica Chaney @10am	10 9:45 am Seniorcise Chair Exercise w/t Otis Option: Bingo Quilting	11 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	12 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo
15 9:45 am Seniorcise Chair Exercise w/t Ottis Option: Quilting	16 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	17 9:45 am Seniorcise Chair Exercise w/t Otis Option: Quilting	18 9:30 am Line Dancing in Gym Option: 10:00 am Yoga w/t Marlean	19 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo
22 9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting	23 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	24 9:45 am Seniorcise Chair Exercise w/t Otis Option: Quilting	25 **Day Trip	26 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo
29 9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting	30 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	121 Perry Street * Manchester Ga 31816 706-846-8086 *manchester-ga.gov/senior Office Hours Monday-Friday (8am-4pm)		

Manchester senior center

RECREATION FOR
MANCHESTER SENIOR PARTICIPANTS 55+

ARTS AND CRAFTS
BINGO
BOARD GAMES
CARD GAMES
CHAIR EXERCISE
CORNHOLE TOSS
LINE DANCING
SOCIALIZING
QUILTING

LUNCH IS PROVIDED DAILY AT
11:15 AM
\$3.00 CONTRIBUTION IS GREATLY
APPRECIATED.

THE USE OF AN INDOOR GYM IS PROVIDED
FROM
8:00AM UNTIL 12:00PM
FOR YOU TO ENJOY YOUR DAILY WALK.
FITNESS ROOM OPEN DAILY FROM
8:00 AM-4:00 PM