## APPIL MONTH- AT GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:45 am	9:30 am	9:45 am	9:30 am	9:00 am
Seniorcise Chair	Line Dancing in Gym	Seniorcise Chair	Line Dancing in Gym	Pre-Ordered Breakfast
Exercise w/t Ottis	10:00 am	Exercise w/t Otis	Option:	Boardgames 9:00 am
Option:	** Food & Nutrition	Option:	10:00 am	10:30 am
10:30 am	Class w/t Erica	Quilting	Corn Hole	Bingo
Bingo	Chaney @10am		Bingo/Cards	
Quilting	Chancy & Tourn		Board games	
			Yoga w/t Marlean	
8	9	10	11	12
The same of the sa	9:30 am	9:45 am	9:30 am	9:00 am
**10:00am	Line Dancing in Gym	Seniorcise Chair	Line Dancing in Gym	Pre-Ordered Breakfast
Bingo w/t	10:00 am	Exercise w/t Otis	Option:	Boardgames 9:00 am
	** Food & Nutrition	Option:	10:00 am	10:30 am
Humana	Graduation	Bingo	Corn Hole	Bingo
(Susan Patton)	w/t Erica Chaney	Quilting	Bingo/Cards	
(5 45412 2 455512)			Board games	
	@10am		Yoga w/t Marlean	
and the second				
15	16	17	18	19
9:45 am	9:30 am	9:45 am	9:30 am	9:00 am
Seniorcise Chair	Line Dancing in Gym	Seniorcise Chair	Line Dancing in Gym	Pre-Ordered Breakfast
Exercise w/t Ottis	Option:	Exercise w/t Otis	Option:	Boardgames 9:00 am
Option:	10:00 am	Option:	10:00 am	10:30 am
Quilting	Corn Hole	Quilting	Yoga w/t Marlean	Bingo
· Philippine Phil	Bingo/Cards			
	Board games	-	-	
1000	Yoga w/t Marlean			and a contract of
Contract of the last of the la		-		
22	23	24	25	26
9:45 am	9:30 am	9:45 am	AND DESCRIPTION OF THE PERSON NAMED IN	9:00 am
Seniorcise Chair	Line Dancing in Gym	Seniorcise Chair	400	Pre-Ordered Breakfast
Exercise w/t Ottis	Option:	Exercise w/t Otis	No.	Boardgames 9:00 am
Option:	10:00 am	Option:	**Day Trip	10:30 am
10:30 am	Corn Hole	Quilting	Day IIIp	Bingo
Bingo	Bingo/Cards			
Quilting	Board games			
1	Yoga w/t Marlean			
The second second		Dr.		
29	30			
9:45 am	9:30 am	404 D	7	
Seniorcise Chair	Line Dancing in Gym	121 Perry Street * Manchester Ga 31816		
Exercise w/t Ottis	Option:			
Option:	10:00 am	7 <i>06-846-8086</i>		
10:30 am	Corn Hole	706-846-8086 *manchester-ga.gov/senior		
Bingo	Bingo/Cards	*manchester-ga.gov/senior		
Quilting	Board games	Office Hours Monday-Friday (8am-4pm		
	Yoga w/t Marlean	Office Hour	rs Monday-Fri	lay (Bam-4pm
	,		7	-F

## Manchester senior center

RECLETION 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 89M 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