

# APRIL MONTH- AT GLANCE

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

## 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