


# April 2024 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>April Fools Day</b> 10:00 Blood Pressure Checks 11:00 Motivation and Movement 12:30 Library Pop Up & Tech Talk	<b>2</b> 9:45 AMP # 10:00 Tai Chi for Arthritis #	<b>3</b> <b>10:30 Spring Basket Weaving</b> 12:30 Open Music Jam	<b>4</b> 9:45 Nutrition Site Committee 10:00 Tai Chi for Arthritis # 10:30 Home Necessity Bingo <b>12:30 Spring Finger Painting</b>	<b>5</b> <b>10:30 Tell Me Your Story</b> 12:30 Natural Grocers	<b>6</b>
<b>8</b> 11:00 Motivation and Movement 12:30 Tech Study Group	<b>9</b> 9:45 AMP # 10:00 Tai Chi for Arthritis # <b>12:30 National Pet Day</b>	<b>10</b> 10:00 Coloring Your Way 12:30 Open Music Jam 12:30 Project Linus Quilters	<b>11</b> 10:00 Tai Chi for Arthritis # 10:30 Veteran's Café <b>12:30 Pantry Bingo</b>	<b>12</b> 10:00 The Art in You <b>12:30 Spring Trivia</b>	<b>13</b>
<b>15</b> 11:00 Motivation and Movement 12:30 Tech Study Group	<b>16</b> 9:45 AMP # 9:30 Blood Pressure Check 10:00 Tai Chi for Arthritis # <b>12:30 Health Care Decision Day</b>	<b>17</b> <b>9:00 Volunteer Appreciation #</b> 12:30 Open Music Jam	<b>18</b> <b>7:15 Madison County, IA Trip \$\$</b> <b>10:00 Research Nursing Students</b> 10:00 Tai Chi for Arthritis # 12:30 White Elephant Bingo 2:00 Cover to Cover	<b>19</b> 10:00 Karaoke 12:15 Ice Cream Social	<b>20</b>
<b>22</b> <b>10:30 Earth Day – Recycling and Upcycling</b> 11:00 Motivation and Movement 12:30 Tech Study Group	<b>23</b> 9:45 AMP # 10:00 Tai Chi for Arthritis # <b>1:00 Native Animals of MO at George Owens #</b>	<b>24</b> 10:00 Coloring Your Way 12:30 Open Music Jam	<b>25</b> 10:00 Tai Chi for Arthritis # 10:45 5-A-Day Bingo <b>12:30 Recipe Exchange</b>	<b>26</b> 11:30 Birthday Lunch <b>12:30 Joyful Sounds Performance</b> 3:00 Low Vision Support Group	<b>27</b>
<b>29</b> 11:00 Motivation and Movement 12:30 Tech Study Group	<b>30</b> 9:45 AMP # 10:00 Tai Chi for Arthritis #				
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB \$ 11:30 Lunch # 11:00-1:00 Open Line Dance \$3 12:00-4:00 Duplicate Bridge Club \$ 12:30-2:30 Bare Bones Art	9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:30-4:30 Bridge Club \$ 12:30 Pinochle 1:30 Zuma Gold TMB \$ <b>11:30- 12:30 Beginner Pickleball \$</b> <b>12:30 – 5:30 Open Play Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Duplicate Bridge Club # 12:00-4:00 Woodcarving Club SC 12:30-4:30 Bridge 1:30-2:15 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle <b>11:30- 12:30 Beginner Pickleball \$</b> <b>12:30 – 5:30 Open Play Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 11:00-1:00 Instructed Line Dance \$3 <b>1:15 – 4:45 Open Play Pickleball \$</b>	 <b>THE PALMER CENTER</b> INDEPENDENCE PARKS & RECREATION