

# APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Fellowship 9:45 Inspiration 10:30 Book Club 11:00 <b>Tai Chi</b> 11:30 Lunch	<b>2</b>	<b>3</b> 9:00 Fellowship 10:00 Exercise with Toni 10:30 <b>Topic: Fraud Awareness</b> 11:30 Lunch	<b>4</b>	<b>5</b> 9:00 Fellowship 9:30 <b>Silver Sneakers</b> 10:30 Bingo/Bridge 11:30 Lunch
<b>8</b> 9:00 Fellowship 9:45 Inspiration 10:30 <b>Diabetes Session 1: What is Diabetes</b> 10:30 Bridge/Games 11:30 Lunch	<b>9</b>	<b>10</b> 9:00 Fellowship 10:15 <b>Easter Parade</b> 11:30 Lunch 	<b>11</b>	<b>12</b> 9:00 Fellowship 9:30 <b>Silver Sneakers</b> 10:30 Bingo/Bridge 11:30 Lunch
<b>15</b> Center Closed Spring Break	<b>16</b>	<b>17</b> Center Closed Spring Break	<b>18</b>	<b>19</b> Center Closed 
<b>22</b> 9:00 Fellowship 9:45 Inspiration 10:30 <b>Diabetes Session 2: Eating Healthy</b> 10:30 Bridge/Games 11:30 Lunch	<b>23</b>	<b>24</b> 9:00 Fellowship 10:00 <b>Topic: Help for The Aging</b> 11:15 <b>Reassessment</b> 11:30 Birthday 11:30 Lunch	<b>25</b>	<b>26</b> 9:00 Fellowship 9:30 <b>Silver Sneakers</b> 10:30 Bingo/Bridge 11:30 Lunch
<b>29</b> 9:00 Fellowship 9:45 Inspiration 10:30 <b>Let's Make a Deal</b> 11:30 Lunch	<b>30</b>			

..... Pleasant Valley Connection .....  
 510 Old Augusta Rd., Greenville • 864.236.0151  
 Site Program Coordinator: Agnes Young

Hours of Operation  
 Mon / Wedn / Friday  
 9:00am—1:00pm

