



April 2021






Monday

Tuesday

Wednesday

Thursday

Friday

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|  |  |  <p>#VaccineReady April 2021</p> | <p>1</p> <p>9:30 Arrival/Temp Checks 10:00 Easter Celebration 11:00 Calendar Discussion 12:00 Lunch to Go 12:30 Clean-Up</p> | <p>2</p>  <p>Program Closed</p> |
| <p>5</p> <p>9:30 Arrival/Temp Checks 10:00 Cooking Matters Clemson Nutrition Program 11:30 Lunch to Go 12:00 Clean Up</p> | <p>6</p> <p>9:30 Arrival/Temp Checks 10:00 (Walking in Gym) 10:30 5-Second Rule Game 11:30 Lunch to Go 12:00 Clean-Up</p> | <p>7</p> <p>9:30 Arrival/Temp Checks 10:00 Power Hour 11:30 Lunch to Go 12:00 Clean-Up</p> | <p>8</p> <p>9:30 Arrival/Temp Checks 10:00 Out Burst 11:00 Exercise Silver Sneakers 12:00 Lunch to Go 12:30 Clean Up</p> | <p>9</p> <p>9:30 Arrival/Temp Checks 10:00 Words of Wisdom Exercise-Hokey Pokey 10:30 Making Mini Wreath 11:30 Lunch to Go</p> |
| <p>12</p> <p>9:30 Arrival/Temp Checks 10:00 Cooking Matters Clemson Nutrition Program 11:30 Lunch to Go 12:00 Clean Up</p> | <p>13</p> <p>9:30 Arrival/Temp Checks 10:00 BINGO 10:30 Exercise with Tarsha 11:30 Lunch to Go 12:00 Clean-Up</p> | <p>14</p> <p>9:30 Arrival/Temp Checks 10:00 Power Hour 11:30 Lunch to Go 12:00 Clean-Up</p> | <p>15</p> <p>9:30 Arrival/Temp Checks 10:00 Fact or Crap 11:00 Exercise Silver Sneakers 12:00 Lunch to Go 12:30 Clean-Up</p> | <p>16</p> <p>9:30 Arrival/Temp Checks 10:00 Words of Wisdom Exercise-Twist 10:30 BINGO 11:30 Lunch to Go 12:00 Clean-Up</p> |
| <p>19</p> <p>9:30 Arrival/Temp Checks 10:00 Exercise-Hokey Pokey Planting a Container Garden 11:30 Lunch to Go 12:00 Clean Up</p> | <p>20</p> <p>9:30 Arrival/Temp Checks 10:00 Walking in the Gym 10:30 True Advocate Group/Oak Street Health (Insurance) 11:30 Lunch to Go</p> | <p>22</p> <p>9:30 Arrival/Temp Checks 10:00 Power Hour 11:30 Lunch to Go 12:00 Clean-Up</p> | <p>23</p> <p>9:30 Arrival/Temp Checks 10:00 5-Second Rule Game 11:00 Exercise Silver Sneakers</p> | <p>24</p> <p>9:30 Arrival/Temp Checks 10:00 Words of Wisdom Exercise-Hokey Pokey 10:30 BINGO 11:30 Lunch to Go 12:30 Clean-Up</p> |
| <p>26</p> <p>9:30 Arrival/Temp Checks 10:00 Exercise-Twist Jewelry Making 11:30 Lunch to Go 12:00 Clean Up</p> | <p>27</p> <p>9:30 Arrival/Temp Checks 10:00 BINGO 10:30 Exercise with Tarsha 11:30 Lunch to Go 12:00 Clean-Up</p> | <p>28</p> <p>9:30 Arrival/Temp Checks 10:30 Power Hour 11:30 Lunch to Go 12:00 Clean-Up</p> | <p>29</p> <p>9:30 Arrival/Temp Checks 10:00 Trivia 11:00 Exercise Silver Sneakers 12:00 Lunch to Go</p> | <p>30</p> <p>9:30 Arrival/Temp Checks 10:00 Words of Wisdom Exercise-Hokey Pokey 10:30 BINGO 11:30 Lunch to Go 12:30 Clean-Up</p> |

..... Sterling Community Center
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 Site Program Coordinator: Sylvia Vandross

