

APRIL 2024 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
1 COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:00am	2 Wii Bowling 9-11am 	3 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	4 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵	5 BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket!
8 🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy music 🎵 CC Caregiver Directed Respite Paula Zigmond 11:35am	9 Wii Bowling 9-11am 	10 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	11 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵	12 BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket! ESH Surgery Director Emily Braun w/ ESH 11:35am
15 COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:00am	16 Wii Bowling 9-11am  DOMINOES (after lunch) 🎲	17 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	18 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵 <u>Tech Tutor</u> 9:30-11:30am	19 BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket!
22 🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy exploring music with your friends. 🎵	23 Wii Bowling 9-11am 	24 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	25 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵	26 BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket! Birthday Celebration!
29 COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:00am	30 White Elephant B-I-N-G-O! 10am Hospital Trivia Tina w/ ESH 11:35am	White Elephant B-I-N-G-O! Bring a FUN trinket or USEFUL prize to put into the Community Bingo Chest. Bring a prize, win a prize and play BINGO!	<u>Tech Tutor</u> 4/18 9:30-11:30am Mid-Content Public Library will teach you features on your smartphone, tablet or laptop. Sign up for a 1:1 appointment to ask and learn your tech.	

SENIOR FITNESS CLASSES

Daily on weekdays in the Group Exercise Room, sponsored by Clay County Senior Services. Free for all residents over the age of 60.

Silver Shadowboxing 7:15-7:45 Aging Effortlessly 10:00	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Zumba Silver 7:15-7:45	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Silver Yoga 7:15-7:45 Drum Fit 9:00
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