

R.E.S.T.

RECREATION-EDUCATION-SOCIALIZATION-TOGETHER

APRIL 2024

	<p>1 9:30am-10:30am Boot Camp</p> <p>11:00am-12:00pm Balance & Strength</p> <p>12:30pm -3:30pm GAME DAY!</p>	<p>2 9:00-10:00 am/Yoga 10:30am- 11:30am Line Dancing Noon-1:00pm Tai Ji Quan 1:00pm-4:00pm Mahjong 1:00-4:00pm Games & Puzzles!</p>	<p>3 9:30am-10:30am Boot Camp 11:00am-12pm Balance & Strength</p> <p>12:30pm-2:30pm Bingo 2:30pm-3:30pm SOCIAL HOUR!</p>	<p>4 10:00am-11:00am Historical Society Meeting (Everyone Welcome)</p> <p>Noon-1:00pm/Tai Ji Quan</p> <p>1:00-4:00 GAME DAY!</p>	<p>5 9:30am-10:30am Boot Camp 11:00am-12:00pm Balance & Strength</p> <p>R.E.S.T. Program closed at noon</p>	6
7	<p>8 CENTER CLOSED Grab your eclipse glasses and enjoy this once in a life-time event!</p>	<p>9 9:00-10:00am/Yoga 10:30am- 11:30am Line Dancing Noon-1:00pm Tai Ji Quan 1:00-4:00pm/Mahjong 1:00-4:00pm Games & Puzzles!</p>	<p>10 9:30am-10:30am Boot Camp 11:00am-12pm Balance & Strength 12:30pm-2:30pm Bingo 2:30pm-3:30pm SOCIAL HOUR!</p>	<p>11</p> <p>12:00pm-1:00pm Tai Ji Quan 1:00pm-4:00pm GAME DAY!</p>	<p>12</p> <p>9:30am-10:30a Boot Camp 11:00am-12:00pm Balance & Strength 12:30 -1:30 pm Mind Challenge</p>	13
14	<p>15 9:30am-10:30am Boot Camp 10:30am-11:30am Mercy Health B/P & Glucose check 11:00am-12:00pm Balance & Strength</p> <p>12:30pm-3:30pm</p>	<p>16 9:00-10:00 am/Yoga Noon-1:00pm/Tai Ji Quan</p> <p>1:00pm-4:00pm Mahjong 1:00pm-4:00pm Games & Puzzles!</p>	<p>17 9:30am-10:30am Boot Camp 11:00am-12:00pm Balance & Strength</p> <p>12:30pm-2:30pm Bingo 2:30pm-3:30pm SOCIAL HOUR!</p>	<p>18 BREAKFAST! Mill Creek Park presents "History of Lanterman's Mill" 10am-11:30 am Tai Chi Quan noon-1pm</p> <p>1:00pm-4:00pm GAME DAY!</p>	<p>19 9:30am-10:30am Boot Camp 11:00am-12:00pm Balance & Strength</p> <p>12:30pm-3:30pm FREE PLAY! (Board games, puzzles, Cards-It's up to YOU!)</p>	20
21	<p>22 9:30am-10:30am Boot Camp</p> <p>11:00am-12:00pm Balance & Strength</p> <p>12:30pm-2:30pm ICE CREAM SOCIAL!</p>	<p>23 9:00-10:00am/ Yoga Noon-1:00pm/Tai Ji Quan</p> <p>1:00-4:00pm Mahjong 1:00-4:00 pm Games & Puzzles!</p>	<p>24 9:30am-10:30am Boot Camp 11:00am-12:00pm Balance & Strength</p> <p>12:30pm-2:30pm Bingo 2:30-3:30 pm SOCIAL HOUR!</p>	<p>25</p> <p>12:00pm-1:00pm Tai Ji Quan</p> <p>1:00pm-4:00pm GAME DAY!</p>	<p>26 9:30am-10:30am Boot Camp 11:00am-12:00pm Balance &Strength</p> <p>12:30-3:30 Popcorn and Movie Day!</p>	27
28	<p>29 9:30-10:30am/Boot Camp 11:00-12:00pm Balance & Strength 12:30pm- 1:30pm Healthy Eats is back With Millie and Chris!! 1:30-3:30pm FREE PLAY!</p>	<p>30 9:00-10:00am/ Yoga 10:30am- 11:30am Line Dancing Noon-1:00pm/Tai Ji Quan 1:00-4:00pm/Mahjong 1:00-4:00pm Games & Puzzles!</p>		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>McDonald Community Room 500 Ohio Avenue McDonald, OH 44437 330-530-5472 Email: mcdoffice@zoominternet.net</p> </div>		