

# MONONA SENIOR CENTER CALENDAR • APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates <b>12:00 Nutrition Site</b> 12:15 Sheepshead
<b>4</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Tax Clinic 12:00 Reflexology 12:00 Adult Coloring 12:30 Bridge	<b>5</b> <b>9:30 East Towne</b> 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 	<b>6</b> 8:30 Tax Clinic <b>10:00 Zoom Coffee Conversations</b> 10:00 Stretch & Tone <i>10:00 Memory Cafe</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre	<b>7</b> 8:45 Sr. Shape-up 10:00 NewBridge 10:00 Crafters Meet <b>12:00 Bingo Lunch</b> <b>11:30 Cup of Chi</b> <b>12:00 Steppin On</b> 12:00 Dominoes/ Rummikub	<b>8</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>10:00 Scholarly Scoop</b> <b>12:00 Nutrition Site</b> 12:15 Sheepshead 1:30 Movie 
<b>11</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:30 Bridge 	<b>12</b> 9:00 Foot Clinic <b>9:30 Woodman's</b> 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	<b>13</b> 10:00 Stretch & Tone <i>10:00 Veterans Meet</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre 	<b>14</b> 8:45 Sr. Shape-up 10:00 Crafters Meet <b>11:30 Cup of Chi</b> <b>12:00 Steppin On</b> 12:00 Dominoes/ Rummikub 1:00 Stamp Camp 4:00 Friends Board	<b>15</b> <b>8:00 Chair Massage</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>12:00 Nutrition Site</b> 12:15 Sheepshead 1:30 Movie
<b>18</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe	<b>19</b> 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble <b>1:00 Arthritis Info Session</b>	<b>20</b> 10:00 Stretch & Tone <i>10:00 Knit &amp; Stitch</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment <b>1:30 Bird &amp; Nature Adventures</b>	<b>21</b> 8:45 Sr. Shape-up <b>9:00 Reflexology</b> 10:00 Crafters Meet <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>1:00 MGE Energy</b> 1:00 Stamp Camp	<b>22</b> 9:00 Foot Clinic 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Low Vision</b> <b>12:00 Nutrition Site</b> 12:15 Sheepshead 1:30 Movie
<b>25</b> 8:30 Quilters 8:45 Diabetic Foot Cl. 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe	<b>26</b> 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 	<b>27</b> 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment	<b>28</b> 8:45 Sr. Shape-up 9:00 Foot Clinic 10:00 Crafters Meet <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>12:00 Steppin On</b>	<b>29</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>12:00 Nutrition Site</b> 12:15 Sheepshead 

*Italics* denotes offsite events.

**Green** denotes Zoom events.