



JTS Northside Senior Health and Wellness Program Activity Calendar

APRIL 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join us for our Senior Nutrition Program! Sunday-Thursday at 12-1pm We serve hot meals cooked by our onsite chef daily!			1 9:00-5:00 Family Resources 10:00 Neighborhood Walk 11:00 Benefit/Referral 11:30 Laughter Yoga 1:00 Cantonese Opera	2 9:00 Yoga 9:30 Craft Creations 10:00 Line Dance 1:00 Line Dance 1:00-3:30 Partner Workshop	3 9:30 Neighborhood Walk 10:30 Craft Creations Class 1:00 Karaoke	4 **Facility Rental Available Contact : Sharon Alexander at (408) 343-7711, Ext. 604
Daily Blood Pressure Checks! Tuesday-Thursday at 10-12pm			Computer Room Open Sunday-Thursday at 9-2pm			
5 Closed For Easter	6 9:30 Knitting & Crocheting 10:00 Line Dance 1:00 Karaoke	7 9:00-5pm Family Resource Center 9:30 Craft Creations Class 10:00 Tai Chi 1:00 Line Dance	8 9:00-5pm Family Resource Center 9:30 Chinese Calligraphy 10:00 Neighborhood Walk 10:00 Peer Advocacy 11:30 Laughter Yoga 11:00 Benefit/ Referral	9 9:00 Yoga 9:30 Craft Creations Class 10:00 Line Dance 1:00 Line Dance	10 9:30 Neighborhood Walk 10:30 Craft Creations Class 1:00 Karaoke	11 **Facility Rental Available Contact : Sharon Alexander at (408) 343-7711, Ext. 604
12 1:00 Social Dance	13 9:30 Knitting & Crocheting 10:00 Line Dance 1:00 Karaoke	14 9:00-5pm Family Resource Center 9:30 Craft Creations Class 10:00 Tai Chi 1:00 Line Dance	15 9:00-5pm Family Resource Center 9:30 Chinese Calligraphy 10:00 Neighborhood Walk 11:00 Benefit/Referral 11:30 Laughter Yoga 1:00 Cantonese Opera	16 9:00 Yog 9:30 Craft Creations Class 10:00 Line Dance 1:00 Line Dance	17 9:30 Neighborhood Walk 10:30 Craft Class 1:00 Karaoke All Day:	18 **Facility Rental Available Contact : Sharon Alexander at (408) 343-7711, Ext. 604
19 1:00 Social Dance	20 9:00 Computer Room 9:30 Knitting & Crocheting 10:00 Line Dance 11:00 "Light up your Health" - Sleep Tips 1:00 Karaoke	21 9:00-5pm Family Resource Center 9:30 Craft Creations Class 10:00 Tai Chi 10:30 Cantonese Opera	22 9:00-5pm Family Resource Center 9:30 Chinese Calligraphy 10:00 Neighborhood Walk 11:00 Benefit /Referral 11:30 Laughter Yoga 1:00-3:00 Cantonese	23 9:00 Yoga 9:30 Craft Creations Class 10:00 Line Dance	24 9:30 Neighborhood Walk 10:30 Craft Creations Class 1:00 Karaoke	25 **Facility Rental Available Contact : Sharon Alexander at (408) 343-7711, Ext. 604
26 1:00 Social Dance	27 9:00 Computer Room 9:30 Knitting & Crocheting 10:00 Line Dance 1:00 Karaoke	28 9:00-5pm Family Resource Center 9:30 Craft Creations Class 10:00 Tai Chi 1:00 Line Dance	29 9:00-5pm Family Resource Center 9:30 Chinese Calligraphy 10:00 Zumba Gold 11:00 Benefit/ Referral 11:30 Laughter Yoga 1:00 Cantonese Opera	30 9:00 Yoga 9:30 Craft Creations Class 10:00 Line Dance 1:00 Line Dance		