

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15am Exercise w/ Kathy 9:30am Bingocize 11:30am Tai Chi w/Suzanne</p> <p>To register contact Virtual Center Manager Debbie Groff <a href="mailto:dgroff@lancastercountypa.gov">dgroff@lancastercountypa.gov</a></p> <p style="text-align: right;"><b>1</b></p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Giraffe" 1:30pm The Missing Link Game 3:00pm Boxing &amp; Balance Exercise Class</p> <p style="text-align: right;"><b>2</b></p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming <b>11:00am "Making Budgets Work" preregister for worksheet</b> 1:00pm Creative Factory Art, Watercolor Paint, "Sweet Pea Flowers in Garden"</p> <p style="text-align: right;"><b>3</b></p>	<p>8:45am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 9:30am Bingocize 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p> <p style="text-align: right;"><b>4</b></p>	<p>8:00am Pilates 9:00am Technology Class: "Planning Trips with Technology: Learn How to use Travel Apps, Booking Platforms and Map Services"</p> <p style="text-align: right;"><b>5</b></p>
<p>9:15am Exercise w/ Kathy 9:30am Bingocize 11:30am Tai Chi w/Suzanne <b>1:00pm Card-making w/Mary Ann - must preregister</b> 6:00pm Creative Factory Art, Acrylic Paint, "Bee on Orange Flower"</p> <p style="text-align: right;"><b>8</b></p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Spring Flowers" 1:30pm Bingo w/ Matt 3:00pm Boxing &amp; Balance Exercise Class</p> <p style="text-align: right;"><b>9</b></p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Paint, "Ducks in Lititz Springs"</p> <p style="text-align: right;"><b>10</b></p>	<p>8:45am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 9:30am Bingocize 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p> <p style="text-align: right;"><b>11</b></p>	<p>8:00am Pilates 9:00am Technology Class: "Preserving Memories: Digital Scrapbooking for Seniors" 11:00am Move Your Body Exercise Class</p> <p style="text-align: right;"><b>12</b></p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 6:00pm Creative Factory Art, Acrylic Paint, "Beetle on Leaf"</p> <p style="text-align: right;"><b>15</b></p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Puppy Portrait" 1:30pm Words of Fortune Game 3:00pm Boxing &amp; Balance Exercise Class</p> <p style="text-align: right;"><b>16</b></p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming <b>11:00am PA Dept of Health: "Glaucoma, Cervical Cancer &amp; Thyroid Health Awareness"</b> 1:00pm Creative Factory Art, Watercolor, "Trillium and Virginia Bluebells"</p> <p style="text-align: right;"><b>17</b></p>	<p>8:45am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p> <p style="text-align: right;"><b>18</b></p>	<p>8:00am Pilates 9:00am Technology Class: "Cleaning Up your Email Accounts: Learn Techniques and Tools for Organizing, Managing, and Decluttering Your Email Account"</p> <p style="text-align: right;"><b>19</b></p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne <b>3:00pm Physical Wellness with Mental Health America</b> 6:00pm Creative Factory Art, Acrylic Paint, "Ladybug on Daisy"</p> <p style="text-align: right;"><b>22</b></p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Earth Day Tree" 1:30pm Bingo w/ Matt 3:00pm Boxing &amp; Balance Exercise Class</p> <p style="text-align: right;"><b>23</b></p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Paint, "Springtime Robin"</p> <p style="text-align: right;"><b>24</b></p>	<p>8:45am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p> <p style="text-align: right;"><b>25</b></p>	<p>8:00am Pilates 9:00am Technology Class: "Mastering Voice Tools: Dictation and Siri" 11:00am Move Your Body Exercise Class</p> <p style="text-align: right;"><b>26</b></p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 6:00pm Creative Factory Art, Acrylic Paint, "Praying Mantis on Wheat"</p> <p style="text-align: right;"><b>29</b></p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Water Study" 1:30pm Call Out Game 3:00pm Boxing &amp; Balance Exercise Class</p> <p style="text-align: right;"><b>30</b></p>	 <p style="font-size: 2em; color: #2e8b57; font-family: cursive;">April 2024</p> <p style="font-size: 1.5em; color: #2e8b57; font-weight: bold;">LCOA Virtual Connections</p>		