

# APRIL 2024

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <p><b>1</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Koffee Klutch @10</li> <li>• Chair Yoga w/ Cori @10:30</li> <li>• Arms, Abs, and Legs with Linda @11:30</li> <li>• Vinyasa Flow Yoga with Linda @12</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10 and Cards @11</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• DVD exercise @10, Cards @11,</li> <li>• VAC Lunch Drop-Off @11</li> </ul>  | <p><b>2</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Woodcarving@10:30</li> <li>• Arts and Chats @ 11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> </ul>   | <p><b>3</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Hand and Foot @9:30</li> <li>• DVD Exercise @10</li> <li>• Needlework Corner @10:30</li> <li>• VAC LUNCH @12</li> <li>• Bridge and Mahjong @12:30</li> <li>• Bingo @1</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and Bingo @1</li> </ul>  | <p><b>4</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Documentary Days @11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> </ul>  | <p><b>5</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Trip to NWM @ 9:30am-11:30am</li> <li>• DVD Exercise @10 and Classic Film @1</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10, Cards @11</li> <li>• Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and VAC Lunch Drop-Off @11</li> </ul>                                   |
| <p><b>8</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Koffee Klutch @10</li> <li>• Meditation @10:30</li> <li>• Arms, Abs, and Legs with Linda @11:30</li> <li>• Vinyasa Flow Yoga with Linda @12</li> <li>• Creative Writing @1</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10 and Cards @11</li> <li>• Universal Yums @11</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• DVD exercise @10, Cards @11,</li> <li>• VAC Lunch Drop-Off @11</li> </ul> | <p><b>9</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Woodcarving@10:30</li> <li>• Arts and Chats @ 11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> </ul>   | <p><b>10</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Hand and Foot @9:30</li> <li>• DVD Exercise @10</li> <li>• Needlework Corner @10:30</li> <li>• VAC LUNCH @12</li> <li>• Bridge and Mahjong @12:30</li> <li>• Bingo @1</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and Bingo @1</li> </ul> | <p><b>11</b> Dekalb</p> <ul style="list-style-type: none"> <li>• KVAL paint pouring class @10</li> <li>• Documentary Days @11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> </ul>   | <p><b>12</b> Dekalb</p> <ul style="list-style-type: none"> <li>• DVD Exercise @10 ,Trivia @11</li> <li>• Potluck @12 ,Classic Film @1</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10, Cards @11</li> <li>• Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• SHIP / Eldercare Services @10</li> <li>• Cards and VAC Lunch Drop-Off @11</li> </ul> |
| <p><b>15</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Koffee Klutch @10</li> <li>• Arms, Abs, and Legs with Linda @11:30</li> <li>• Vinyasa Flow Yoga with Linda @12</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10 and Cards @11</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• DVD exercise @10, Cards @11,</li> <li>• VAC Lunch Drop-Off @11</li> </ul>  | <p><b>16</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Woodcarving@10:30</li> <li>• Arts and Chats @ 11</li> <li>• Kristie Kooks @11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> </ul>   | <p><b>17</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Hand and Foot @9:30</li> <li>• DVD Exercise @10</li> <li>• Needlework Corner @10:30</li> <li>• VAC LUNCH @12</li> <li>• Bridge and Mahjong @12:30</li> <li>• Bingo @1</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and Bingo @1</li> </ul> | <p><b>18</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Caregiver Support Group w/ Heartland Hospice @10:30</li> <li>• Documentary Days @11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> <li>• MOVIE DAY 'Highway Men"@1</li> </ul> | <p><b>19</b> Dekalb</p> <ul style="list-style-type: none"> <li>• DVD Exercise @10</li> <li>• NWM A1C Screening @10-1pm</li> <li>• Classic Film @1</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10, Cards @11</li> <li>• Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and VAC Lunch Drop-Off @11</li> </ul>                              |
| <p><b>22</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Koffee Klutch @10</li> <li>• Chair Yoga @10:30</li> <li>• Arms, Abs, and Legs with Linda @11:30</li> <li>• Vinyasa Flow Yoga with Linda @12</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10 and Cards @11</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards @11 VAC Lunch @11</li> </ul>  | <p><b>23</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Woodcarving@10:30</li> <li>• Arts and Chats @ 11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> <li>• NIFB FOOD PANTRY @11- 12:30</li> <li>• PRAIRIE STATE LEGAL @1-4:30</li> </ul>  | <p><b>24</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Hand and Foot @9:30</li> <li>• DVD Exercise @10</li> <li>• Needlework Corner @10:30</li> <li>• VAC LUNCH @12 and Bingo @1</li> <li>• Bridge and Mahjong @12:30</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and Bingo @1</li> </ul>        | <p><b>25</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Nature Walk @9</li> <li>• Documentary Days @11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> </ul>   | <p><b>26</b> Dekalb</p> <ul style="list-style-type: none"> <li>• DVD Exercise @10</li> <li>• Classic Film @1</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10, Cards @11</li> <li>• Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and VAC Lunch Drop-Off @11</li> </ul>   |
| <p><b>29</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Koffee Klutch @10</li> <li>• Chair Yoga@10:30</li> <li>• Arms, Abs, and Legs with Linda @11:30</li> <li>• Vinyasa Flow Yoga with Linda @12</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10 and Cards @11</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards @11 VAC Lunch @11</li> </ul>   | <p><b>30</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Trip to the Hinkley Senior Center @10</li> <li>• Woodcarving@10:30</li> <li>• Arts and Chats @ 11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> </ul> <p>Hinkley</p> <ul style="list-style-type: none"> <li>• GRAND OPENING!</li> <li>• Hours: 8:30am-2:30pm</li> </ul> | <p><b>1</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Hand and Foot @9:30</li> <li>• DVD Exercise @10</li> <li>• Needlework Corner @10:30</li> <li>• VAC LUNCH @12 and Bingo @1</li> <li>• Bridge and Mahjong @12:30</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and Bingo @1</li> </ul>         | <p><b>2</b> Dekalb</p> <ul style="list-style-type: none"> <li>• Nature Walk @9</li> <li>• Documentary Days @11</li> <li>• Pinochle, Euchre, Bridge @12:30</li> </ul>  | <p><b>3</b> Dekalb</p> <ul style="list-style-type: none"> <li>• DVD Exercise @10</li> <li>• Classic Film @1</li> </ul> <p>Sycamore</p> <ul style="list-style-type: none"> <li>• Walkers/Talkers @10, Cards @11</li> <li>• Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12</li> </ul> <p>Malta</p> <ul style="list-style-type: none"> <li>• Cards and VAC Lunch Drop-Off @11</li> </ul>  |