

ABD ACTIVITIES

APRIL 2019

NOTES:

DRAMA CLASS FOR SENIORS
(Monday & Tuesday)
12:30pm – 1:30pm

KETA VARIETY GROUP (Karaoke)
(Monday through Friday)
1:00pm – 4:00pm

ADULT SUPPORT GROUP
April 3rd & 17th
(1st & 3rd Wednesday of
the Month-In the Library)
9:30am – 10:30am

COMMUNITY THINK TANK MEETING
April 9th & 23rd
(2nd & 4th Tuesday
of the Month)
6:30pm – 8:00pm

HI-CAP COUNSELOR
April 10th & 24th
(2nd & 4th Wednesday
of the Month)
10:00am – 1:00pm

ANTHEM/CARE MORE
Monday, April 15th
9:00am – 12:00pm

Health Net Presentation
Monday, April 15th
9:00am – 12:00pm

ZUMBA w/Gayellen
Wednesday, April 17th
10:30am – 11:30am

SPRINGTIME EASTER FESTIVAL TRIP
Thursday, April 18th
10:30 am

Food Bank
Monday, April 18th

ZUMBA w/Gayellen
Wednesday, April 17th
10:30am – 11:30am

APRIL Birthday Party
Sign up in dining room to be
APRIL 26TH

Monday	Tuesday	Wednesday	Thursday	Friday
1 Silver Sneakers 9am – 10am Bingo 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	2 Exercise 9am – 10am Knitting 8:30am – 12pm <i>KETA VARIETY GROUP</i> 1pm – 4pm	3 Exercise 9am – 10am Club Pacoima Bingo 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	4 Exercise 9am – 10am Karaoke 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm	5 Silver Sneakers 9am – 10am Bingo 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm
8 Silver Sneakers 9am – 10am Bingo 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	9 Exercise 9am – 10am Knitting 8:30am – 12pm <i>Medicare Fraud</i> 10:30am – 11:30am <i>KETA VARIETY GROUP</i> 1pm – 4pm	10 Exercise 9am – 10am Club Pacoima Bingo 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	11 Exercise 9am – 10am Karaoke 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm	12 Silver Sneakers 9am – 10am Bingo 10am – 11am <i>Egg-stravaganza</i> 10am – 12:pm <i>KETA VARIETY GROUP</i> 1pm – 4pm
15 Silver Sneakers 9am – 10am Bingo 10am – 11am FOOD BANK <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	16 Exercise 9am – 10am Knitting 8:30am – 12pm Promotor of Mental Health Prevention Group 11:00am – 11:30am <i>KETA VARIETY GROUP</i> 1pm – 4pm	17 Exercise 9am – 10am Club Pacoima Bingo 10am – 11am ZUMBA w/Gayellen 10:30am – 11:30am <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	18 Exercise 9am – 10am Karaoke 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm	19 Silver Sneakers 9am – 10am Bingo 10am – 11am <i>EASTER CELEBRATION with Jack's Band</i> 10:30am <i>KETA VARIETY GROUP</i> 1pm – 4pm
22 Silver Sneakers 9am – 10am Bingo 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	23 Exercise 9am – 10am Knitting 8:30am – 12pm Karaoke 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm	24 Exercise 9am – 10am Club Pacoima Bingo 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	25 Exercise 9am – 10am Karaoke 10am – 11am <i>THE JAPANESE GARDEN TRIP</i> 10:30am <i>KETA VARIETY GROUP</i> 1pm – 4pm	26 Silver Sneakers 9am – 10am Bingo 10am-11am <i>KETA VARIETY GROUP</i> 1pm – 4pm
29 Silver Sneakers 9am – 10am Bingo 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm Karate 6pm – 7pm	30 Exercise 9am – 10am Knitting 8:30am – 12pm FALL PREVENTION-STEP BY STEP CLASS 10:30am in Dining Room Karaoke 10am – 11am <i>KETA VARIETY GROUP</i> 1pm – 4pm			29 