



APRIL

2019

Color of the Month:
Yellow

Monday

Tuesday

Wednesday

Thursday

Friday

1
10:00am

09.
10:00am

3

10:00am

4. 10:30
12:00 pm Bingo

05. 10:00am

08
10:00am

09.
10:00am
12:00pm Exercise

10.10:00AM

11.10:00am

12.
10:00am

15.
10:00AM

16

10:00am
12:00pm Exercise

17.
Easter party

18. 10:30 Zumba
12:00 Bingo

19
@ 9AM
HEALTHY Cooking Demonstrations

22. 10:00am

23. Let's Celebrate April Birthdays
10:00am

12:00pm Exercise

24
10:00am

25 10:00am

26 Pizza Day
Please sign in

29
10:00am

30 10:00

12:00pm Exercise

Happy Easter!

New to the Café?
Your First 3Lunches are FREE!

Menu subject to change due to availability of items. Funds in whole or in part for this publication were provided through an award from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment