

Red = Grand Salon
 Green = Activities Room
 Blue = Multi Purpose Room
 WA - Water Aerobics
 WVB - Water Volleyball

LAKERIDGE FALLS COMMUNITY

Weekly Reminders

April 15st - April 19th

SBY - Stretch Balance Yoga
 SDE - Self-Directed Exercise
 SBS - Stretch Balance Strength

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 WA 9:00 BOCCE 10:00 SBS (\$2) 1:00 500 Bid 1:00 Hand & Foot 3:00 Table Tennis 6:00 Potluck Dinner	9:30 WA 10:00 SDE 10:00 Men's Coffee 11:00 Security Committee 1:00 Bridge 1:00 Mexican Train 2:00 WVB 2:30 Intro to Tai Chi (\$5) 6:30 Euchre	9:00 WA 9:00 BOCCE 9:00 Ladies Chat 10:00 Women's Bible Study 10:30 SBY (\$5) 11:30 Gentle Yoga (\$10) 1:00 Mahjong 6:30 Texas Hold'em	9:00 Senior Yoga (\$2) 9:00 Intermediate Tai Chi (\$5) 12:30 Mahjong 2:00 WVB 3:00 Table Tennis 6:00 Poker 6:30 Hearts	8:30 WA 9:00 BOCCE 10:00 Sociable Stitches 10:30 WA -Instructor \$5 10:30 CRC 6:30 Texas Hold'em

SATURDAY INFO GROUP

Saturday, April 20th

Mothers Helping Mothers



Please join us

(and many of the LRF residents who are MHM volunteers)

for an informative presentation

9:30 – Coffee and sweets

10:00 - presentation by Barbara Baun

please note the time change