



# The Thompson

Your resource to age well

## PROGRAM CALENDAR - APRIL 2021

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</b>			10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders <b>5:30 Bat Conservation VINS Program</b>	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Easter Lunch</b> 9 Coffee Talk 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class <b>1 Caregiver Support Group</b> 3 Bone Builders	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom 1:30 Art with Finnie	<b>9-2:30 Foot Clinic</b> 0:30 am Strengthen & Stretch Zoom Class <b>1 Woodstock Railway Program</b> 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>CLOSED FOR SPRING BREAK</b>				
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9 Coffee Talk 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities 3 Bone Builders	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	<b>Birthday Day</b> 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9 Coffee Talk 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms	<b>Volunteer Appreciation Day!</b> 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom