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| ***Join Us for*** |
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| SPRING IS HERE! This is a season of growth and development and we would love for you to join us for our Wednesday Wellness Club to develop new hobbies, make new friends and learn a new skill. |
| ENGAGE YOUR MIND WITH EXERCISE, GAMES, MOVIES, ART CLASSES, COOKING & COMPUTER CLASSES & MORE!RSVP TO TAMMY 773-474-7303 |



April 2024 Wellness Club @ Smith Village

April 3rd, 2024

* **10am: Exercise (WC)**
* **11am: TED Talk: How Comedy Helps Us (T)**
* **11:15am: WII Bowling (GR)**
* **11:30am: Health Talk! Meet Eileen McCann NP (Oak)**
* **12:15pm: Lunch (MP)**
* **1:30pm: Healthy Yogurt Bowls (Oak)**
* **2:30pm: Chair Volleyball (CH)**

**April 10th, 2024**

* **10am: Exercise Class (WC)**
* **11am: Tech Tips: Using Reminder’s on Your Phone (Oak)**
* **11:15am: WII Bowling (GR)**
* **12pm: Lunch (MP)**
* **12pm: Family Feud (Oak)**
* **1pm: Heart Disease Prevention Presentation (Oak)**
* **2pm: Chef Demo (MDR)**
* **2pm: Craft Class w/ Whoo’s Caring (Art)**
* **2:30pm: Chair Volleyball (CH)**

**April 17th, 2024**

* **10am: Exercise (WC)**
* **10:30am: The History of Girl Scouts Presentation (T)**
* **11:15am: Wii Bowling (GR)**
* **12pm: Lunch (MP)**
* **12pm: High Tea (Oak)**
* **2pm: Performance by A La Carte (CH)**
* **2:30pm: Bocci Ball (WC)**

 **April 24th, 2024**

* **10am: Exercise (WC)**
* **11:15am: WII Bowling (GR)**
* **11:30am: Improv w/Amanda (TMR)**
* **12:00pm: Lunch (MP)**
* **12:30pm: Garden Club Meeting (Art)**
* **2pm: Smith Village Mini Carnival (MP)**
* **2:30pm: Bocci Wall (WC)**

CH: Community Hall, WC: Wellness Center 1st Floor, OR: Oak Room Pub, MP: Marketplace

GR: Game Room 3rd Floor, T: Theater 4th Floor, ART: Arts & Craft Room 2nd Floor, MDR: Main Dining