



QUALITY LIVING SERVICES, INC.

Wellness & Enrichment Activities

APRIL 2024

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Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>“Swing into Spring Party” With DJ Shawty</p> <p>12:00 Handbell Choir 1:00 Stretch and Tone</p>	<p>2</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>3</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men’s Healthy Living</p> <p>10:30 Prime Fitness</p> <p>11:45-12:15 Ladies Only MBS</p> <p>1:00 Circuit Training</p>	<p>4</p> <p>10:00 Ceramics</p> <p>10:30 Prime Fitness & Meditation</p> <p>11:00 Ballroom Dancing</p>	<p>5</p> <p>10:00 Bid Whist—Line Dance—Quilting</p> <p>10:30 Prime Fitness</p> <p>11:00 Performers, Bible History</p> <p>11:45-12:15 Ladies Only MBS</p> <p>1:00 Chorus</p>
<p>8</p> <p>10:00 Qi gong/ Tai Chi 12:00 Handbell Choir 1:00 Stretch and Tone</p>	<p>9</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>10</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men’s Healthy Living</p> <p>10:30 Prime Fitness</p> <p>11:45-12:15 Ladies Only MBS</p> <p>1:00 Circuit Training, Travel Club</p>	<p>11</p> <p>10:00 Ceramics</p> <p>10:30 Prime Fitness & Meditation</p> <p>11:00 Ballroom Dancing</p>	<p>12</p> <p>10:00 Bid Whist—Line Dance—Quilting</p> <p>10:30 Prime Fitness</p> <p>11:00 Performers, Bible History</p> <p>11:45-12:15 Ladies Only MBS</p> <p>1:00 Chorus</p>
<p>15</p> <p>Brenda Rice Presents Exquisite Esquire Showcase</p> <p>12:00 Handbell Choir 1:00 Stretch and Tone</p>	<p>16</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>17</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men’s Healthy Living</p> <p>10:30 Prime Fitness</p> <p>11:45-12:15 Ladies Only MBS</p> <p>1:00 Circuit Training</p>	<p>18</p> <p>10:00 Ceramics</p> <p>10:30 Prime Fitness & Meditation, Bridge</p> <p>11:00 Ballroom Dancing</p> <p>1:00 Volunteer program Assistants Meeting</p>	<p>19</p> <p>10:00 Bid Whist—Line Dance—Quilting</p> <p>10:30 Prime Fitness</p> <p>11:00 Performers, Bible History</p> <p>11:45-12:15 Ladies Only MBS</p> <p>1:00 Chorus</p>
<p>22</p> <p>10:00 Qi gong/ Tai Chi 12:00 Handbell Choir 1:00 Stretch and Tone</p>	<p>23</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>24</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men’s Healthy Living</p> <p>10:30 Prime Fitness</p> <p>11:45-12:15 Ladies Only MBS</p> <p>1:00 Circuit Training</p>	<p>25</p> <p>10:00 Ceramics-Red Hatters</p> <p>10:30 Prime Fitness & Meditation, Bridge</p> <p>11:00 Ballroom Dancing</p>	<p>26</p> <p>10:00 Bid Whist—Line Dance—Quilting</p> <p>10:30 Prime Fitness</p> <p>11:00 Performers, Bible History</p> <p>11:45-12:15 Ladies Only MBS</p> <p>1:00 Chorus</p>
<p>29</p> <p>12:00 Handbell Choir 1:00 Stretch and Tone</p>	<p>30</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>			