



ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 9am Group Exercise 1:15 Chair Yoga	4 8:30 am Walk 15 10:00 Silverado Steppers	5 1pm Pickle Ball	6 9am Group Exercise 1 pm Pickle Ball (outside) 1 pm Pickle Ball (lessons inside)	7 9am Cards & Games
10 9am Group Exercise 11am Bingo 1:15 Chair Yoga	11 8:30 am Walk 15 10:00 Silverado Steppers NEW HORIZONS	12 11:30 Lunch and Learn with Sue Nichols 1pm Pickle Ball	13 9am Group Exercise 1 pm Pickle Ball (lessons inside)	14 9am Cards & Games
17 CLOSED IN OBSERVANCE OF MARTIN LUTHER KING	18 8:30 am Walk 15 10:00 Silverado Steppers	19 Enrichment Day (Tax Prep) 1pm Pickle Ball	20 9am Group Exercise 1 1 pm Pickle Ball (lessons inside)	21 9am Cards & Games
24 9am Group Exercise 1:15 Chair Yoga	25 8:30 am Walk 15 10:00 Silverado Steppers Book Club 1pm (recreation center) NEW HORIZONS	26 1pm Pickle Ball	27 9am Group Exercise 1 pm Pickle Ball (lessons inside)	28 9am Cards & Games
31 9am Group Exercise 1:15 Chair Yoga				