


THE WENHAMITE
APRIL 2018 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	10:30 Balance+ 5 with Regina <u>10:30 & 12:30 MarketB</u> 12:30 Pickleball (Rec) 12:00 (Dementia) Caregiver Support Group Lunch KUE Knitting 2pm	6
9-12:00 SHINE 10 Pickleball (Rec) 1:00 Chair Pose Yoga w/Lisa 6:30 Bridge	<u>10 Water Exercise Bennett Center</u> 10:30 MET Lecture 11:30 Whole body strength w/ Dianna 12:30 Pickleball (Rec)	<u>10 VanGo to Acord</u> 10 Pickleball (Rec)		10 Pickleball (Rec) Bingo Enon 2-4pm
9	10	11	10:30 Balance+12 with Regina <u>10:30 & 12:30 MarketB</u> 12:30 Pickleball (Rec) RIFF Book Grp 2pm <i>A Light in the Window</i>	13
9-12:00 SHINE 10 Pickleball (Rec) 1:00 Chair Pose Yoga w/Lisa 6:30 Bridge	<u>10 Water Exercise Bennett Center</u> 10-12 Senator Tarr Rep. Dick Curran 10:30 MET Lecture 11:30 Whole body strength w/ Dianna 12:30 Pickleball (Rec)	<u>10 VanGo to Acord</u> 10 Pickleball (Rec) Listening Session <i>wenham connects</i> Town Hall  10-11:30am		10 Pickleball (Rec) Bingo Enon 2-4pm
16	17	18	10:30 Balance+ with Regina <u>10:30 & 12:30 MarketB</u> 12:30 Pickleball (Rec) KUE Knitting 2pm	20
9-12:00 SHINE 10 Pickleball (Rec) 1:00 Chair Pose Yoga w/Lisa 6:30 Bridge	<u>10 Water Exercise Bennett Center</u> 10:30 MET Lecture 11:30 Whole body strength w/ Dianna 12:30 Pickleball (Rec)	<u>10 VanGo to Acord</u> 10 Pickleball (Rec) PaintNite by Day with Aleah - 2:00		10 Pickleball (Rec) Bingo Enon 2-4pm CAPE ANN MUSEUM DEPARTS 9:30 AM
23	24	25	<u>Training 26</u> Healthcare Plan. Ambassador 9 - 10:30 <u>Beverly COA</u> 10:30 Balance+ with Regina <u>10:30 & 12:30 MarketB</u>	27
9-12:00 SHINE 10 Pickleball (Rec) 1:00 Chair Pose Yoga w/Lisa 6:30 Bridge	<u>10 Water Exercise Bennett Center</u> 10:30 MET Lecture 11:30 Whole body strength w/ Dianna 12:30 Pickleball (Rec)	<u>10 VanGo to Acord</u> 10 Pickleball (Rec)		10 Pickleball (Rec) Bingo Enon 2-4pm ADULT CLAY ON SUNDAYS April 29 - June 3rd 10 - 12pm 186 Cabot St., Beverly
30	<u>Adult Ballroom Dance</u> Rec Center <u>Every Friday</u> 7 - 8 PM		<u>Health and Wellness Expo</u> Northshore Mall Saturday, April 7th from 10 - 3pm	
9-12:00 SHINE 10 Pickleball (Rec) 1:00 Chair Pose Yoga w/Lisa 6:30 Bridge			<u>Underlined items</u> require RSVP 978-468-5534	
2nd Sunday Open House at WCOA April 15th 1 pm - 4:00 pm				