



# April 2026

- Special Event
- Green Dolphin
- Administration
- Social Services
- Health & Wellness
- Fitness
- Spiritual
- Educational
- Social
- Cards & Games
- Arts & Crafts
- Outing
- Meeting
- Sign Up
- Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:30 Walking Group</li> <li>1:00 Quilting Class</li> <li>1:00 Unassisted Computer Lab ✓</li> <li>2:30 Book Club! ✓</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>12:00 Medicaid/Medicare ✓</li> <li>1:00 Bid Whist</li> <li>5:30 Beginning Bridge</li> <li>6:00 LeEtta King Bridge</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:00 <b>CMCH Health Screenings</b></li> <li>10:30 Sliders Line Dancing</li> <li>12:00 <b>Current Events Discussion</b></li> </ul>	
	<p>5</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness (Des Moines) 🚗</li> <li>9:15 African Dance</li> <li>11:00 Mary Henry Bridge</li> <li>12:15 African Drumming</li> <li>2:30 Learn to Knit ✓</li> <li>2:30 Table Game Night</li> <li>3:00 Enhance Fitness</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>10:00 Beginning Bridge</li> <li>10:05 Sliders Line Dancing</li> <li>11:30 Social Bridge</li> <li>1:00 Central Bingo</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:30 Walking Group</li> <li>1:00 Quilting Class</li> <li>1:00 Unassisted Computer Lab ✓</li> <li>1:00 Whiz Posse Brain Pleasers</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>12:00 Medicaid/Medicare ✓</li> <li>1:00 Bid Whist</li> <li>5:30 Beginning Bridge</li> <li>6:00 LeEtta King Bridge</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:30 Sliders Line Dancing</li> <li>12:00 <b>Current Events Discussion</b></li> <li>1:30 Movie: SELF MADE 🎬</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>10:00 Bridge</li> </ul>
	<p>12</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness (Des Moines) 🚗</li> <li>9:15 African Dance</li> <li>11:00 Mary Henry Bridge</li> <li>12:15 African Drumming</li> <li>2:30 Learn to Knit ✓</li> <li>2:30 Table Game Night</li> <li>3:00 Enhance Fitness</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>10:00 Beginning Bridge</li> <li>10:05 Sliders Line Dancing</li> <li>11:30 Social Bridge</li> <li>1:00 Central Bingo</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:30 Walking Group</li> <li>1:00 Quilting Class</li> <li>1:00 Unassisted Computer Lab ✓</li> <li>1:15 <b>Membership Meeting</b> 🗨️</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>12:00 Medicaid/Medicare ✓</li> <li>1:00 Bid Whist</li> <li>5:30 Beginning Bridge</li> <li>6:00 LeEtta King Bridge</li> <li>7:00 The Compassionate Friends</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:30 Sliders Line Dancing</li> <li>12:00 <b>Current Events Discussion</b></li> <li>6:00 <b>Green Dolphin Featuring Michael Powers, Cost: \$35, \$40, \$45, RSVP at 206.726.4926 ✓</b></li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>9:00 Links</li> </ul>
	<p>19</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness (Des Moines) 🚗</li> <li>9:15 African Dance</li> <li>11:00 Mary Henry Bridge</li> <li>12:15 African Drumming</li> <li>2:30 Learn to Knit ✓</li> <li>2:30 Table Game Night</li> <li>3:00 Enhance Fitness</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>10:00 Beginning Bridge</li> <li>10:05 Sliders Line Dancing</li> <li>11:30 Social Bridge</li> <li>1:00 Central Bingo</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:30 Walking Group</li> <li>1:00 Quilting Class</li> <li>1:00 Unassisted Computer Lab ✓</li> <li>1:00 Whiz Posse Brain Pleasers</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>11:30 <b>Members' Birthday Lunch RSVP ✓</b></li> <li>12:00 Medicaid/Medicare ✓</li> <li>1:00 Bid Whist</li> <li>5:30 Beginning Bridge</li> <li>6:00 LeEtta King Bridge</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:30 Sliders Line Dancing</li> <li>12:00 <b>Current Events Discussion</b></li> <li>1:30 Movie: THE PERFECT FIND 🎬</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>10:00 Bridge</li> </ul>
	<p>26</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness (Des Moines) 🚗</li> <li>9:15 African Dance</li> <li>11:00 Mary Henry Bridge</li> <li>12:15 African Drumming</li> <li>2:30 Learn to Knit ✓</li> <li>2:30 Table Game Night</li> <li>3:00 Enhance Fitness</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>10:00 Beginning Bridge</li> <li>10:05 Sliders Line Dancing</li> <li>11:30 Social Bridge</li> <li>1:00 Central Bingo</li> <li>1:30 <b>Board Meeting</b> 🗨️</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>9:00 Enhance Fitness</li> <li>10:30 Walking Group</li> <li>1:00 Quilting Class</li> <li>1:00 Unassisted Computer Lab ✓</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>12:00 Medicaid/Medicare ✓</li> <li>1:00 Bid Whist</li> <li>5:30 Beginning Bridge</li> <li>6:00 LeEtta King Bridge</li> </ul>		