



## Physical Health

# APRIL 2024



**Every other Tuesday**  
**April 9th**  
**April 23rd**  
**at 11 a.m. CT**

1. On a smart phone or computer go to [www.bingomaker.com](http://www.bingomaker.com)
2. Search Join a Game  
Game Name: Rainbow Senior Circle
3. Password - Rainbow
4. Enter your name/site name to enter

### Senior Circle Workshops

Visit your community center or join us on any Internet-connected device which connects to Facebook.

#### Facebook LINK:

<https://www.facebook.com/groups/rainbowseniorcircle/>

- 1st: On the Move: Exercise
- 2nd: Exercising the Mind
- 3rd: Senior Memory Support
- 5th: Know Your Financial Rights
- 8th: On the Move: Exercise
- 9th: Bingo
- 11th: Benefits of Exercise
- 12th: Importance of Sleep
- 15th: On the Move: Exercise
- 16th: Exercising Your Mind
- 17th: Let's Clear the Air: Asthma and Allergy Awareness
- 19th: Spring Cleaning/Decluttering
- 22nd: On the Move: Exercise
- 23rd: Bingo
- 25th: Alcohol Use and Its Effects
- 26th: Coffee and Current Events
- 29th: On the Move: Exercise
- 30th: Exercising Your Mind




**For more information contact us at (888) 299-8915**

**NOTE: All times listed for online workshops are Central Time (CT)**  
**Workshop times are as follows:**

**Eastern Time is 1 hour ahead of Central Time (+1 hour)**

**Mountain Time is 1 hour behind Central Time (-1 hour)**

**Pacific Time is 2 hours behind Central Time (-2 hours)**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 On the Move: Exercise 11 a.m.	2 Exercising Your Mind 11 a.m.	3 Health and Nutrition 11 a.m.	4	5 Supportive Senior Services 11 a.m.	6
7	8 On the Move: Exercise 11 a.m.	9 	10	11 Knowledge Is Power 11 a.m.	12 Motivational 11 a.m.	13
14	15 On the Move: Exercise 11 a.m.	16 Exercising Your Mind 11 a.m.	17 Health and Nutrition 11 a.m.	18	19 Motivational 11 a.m.	20
21	22 On the Move: Exercise 11 a.m.	23 	24	25 Knowledge Is Power 11 a.m.	26 Coffee and Current Events 11 a.m.	27
28 	29 On the Move: Exercise 11 a.m.	30 Exercising Your Mind 11 a.m.	<p>"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."</p> <p>~John F. Kennedy</p>			