**MON** TUE WED THUR SAT FRI 8:15 Silver Gym **LOCATION KEY** 8:00 Golfer's 1:00 Mah Jongg April Fool's Day 9:00 H2O Power 9:15 Outing-Senior 5 Intervals (P) Breakfast (GR) (GE) 8BC - 8th Floor Sun Room 8:15 Silver Gym (GR) 10:00 Line Dancing 9:00 H2O Power 10:00 Water Briar Creek (GE) Scholars (Lobby) 2:00 Ping Pong (GE) with Anna & Yesenia (GE) Intervals (P) Exercise (P) CH - Carolina Hall 10:00 Water Exercise 10:00 Water Exercise 6:30 10:30 Intro to Water 10:00 Tai Chi (GE) 10:30 Knitting Club (CE) C - Chapel 2nd Floor (P) 10:00 Beginner's **Outing-Charlotte** (P) Color (CE) 10:30 Long-Term Care Club - Club Room 9th 10:50 Intermediate Balance Conversational Spanish 10:30 Knitting Club 10:50 Sit n' Fit PLUS **Symphony** Insurance 101 (CH) Floor (GE) (Club) (Lobby) (CE) (GE) 10:50 Intermediate Balance 11:00 Service with Pastor 10:50 Sit n' Fit PLUS **CE - Creative Expressions** 10:50 Sit n' Fit PLUS 11:30 Sit n' Fit (GE) 7:00 Saturday Night Robbie (8BC) (GE) Room 1st Floor (GE) (GE) 11:30 Beginner Balance (GE) 11:30 Beginner Balance (GE) Movie: American 1:00 Beginner's Bridge 11:30 Sit n' Fit (GE) FC - Front Circle 1:00 Shopping at Harris 11:00 Baltimore Crab 1:00 Shopping at Fiction (CH) (C) 1:00 Open Gym (Fitness GR - Game Room - 2nd Trader Joe's (Lobby) Teeter (Lobby) Cake Food Truck 1:00 Team Trivia (CH) Center) floor 1:15 Deep Stretch (GE) 1:00 Mah Jongg (GR) (FC) 1:00 Canasta (C) GE - Group Exercise Room 1:00 Mah Jongg (GR) 3:00 Technology 101: Basic 1:15 Deep Stretch (GE) 11:30 Sit n' Fit (GE) 1:00 Intermediate 1st Floor Phone Usage (CE) 4:00 Challah Making 1:15 Yoga (GE) 1:00 Beginner's Bridge **Bridge (GR)** 3:00 Beginner's Mah with Lauren (CE) Lobby - Lobby 3:00 Juice Jam (CH) 5:00 Outing: Daniel Jongg (GR) 3:00 Puppy Palooza (FC) (C) P - Pool 3:00 Poker (Club) **Stowe Botanical** 4:00 Mat Yoga with Sri 1:15 Yoga (GE) PDR - Private Dining 4:00 Legacy Physical and Garden (Lobby) (GE) 3:00 Shabbat Service Room Occupational Therapy (C) S - Salon Program (CH) 8:15 Silver Gym 8:15 Silver Gym Eid al-Fitr 11:00 Mass with 9:00 H2O Power 9:15 10:00 Let's Play Outing-Senior 12 9:00 H2O Power Intervals (P) (GE) (GE) Scrabble! (GR) Father Frank 9:00 Men's Breakfast Intervals (P) 10:00 Water 10:00 Water (CH) Scholars (Lobby) 1:00 Mah Jongg (GR) Club (GR) 10:00 Line Dancing with Anna Exercise (P) Exercise (P) 10:00 Outing: Wing Haven & Yesenia (GE) 2:00 Hand and Foot 10:00 Water Exercise 2:00 Ping Pong (GE) 10:30 Knitting Club (CE) 10:30 Building & Grounds 2024 Spring Plant Sale 10:50 Intermediate Balance 7:00 Saturday Night Card Game (GR) (P) (Lobby) Committee Meeting 10:50 Sit n' Fit PLUS (GE) (GE) 10:00 Tai Chi (GE) Movie: American 5:00 Sunday Social 10:30 Knitting Club 11:00 Service with Pastor (PDR) 11:30 Sit n' Fit (GE) 10:00 Beginner's Conversational Robbie (8BC) Symphony (CH) (Club) 10:50 Sit n' Fit PLUS (GE) 1:00 Open Gym (Fitness (CE) Spanish (Club) 11:30 Beginner Balance (GE) 11:30 Sit n' Fit (GE) Center) 10:50 Intermediate Balance 10:50 Sit n' Fit PLUS 1:00 Audiologist Hearing 1:00 Beginner's Bridge (C 1:00 Canasta (C) (GE) (GE) **Screening (Club)** 11:30 Beginner Balance (GE) 1:00 Team Trivia (CH) 1:00 Intermediate 1:00 Shopping at Walmart 11:30 Sit n' Fit (GE) 1:00 Shopping at Harris 1:00 Mah Jongg (GR) Bridge (GR) **Supercenter (Lobby)** Teeter (Lobby) 1:00 Beginner's Bridge 1:15 Yoga (GE) 1:15 Deep Stretch (GE) 2:00 Food & Beverage 1:00 Mah Jongg (GR) 3:00 Technology 101: (C)2:00 LEW Committee **Committee Meeting** 1:15 Deep Stretch (GE) TouchTown (CE) 3:00 Pup Cups for ALL Barclay 1:15 Yoga (GE) (PDR) Meeting (Club) 3:00 Beginner's Mah Pups (FC) 3:00 Documentary: 1804 3:30 Master 4:00 Classical Music Jongg (GR) 4:00 Bible Study With June **Gardeners Program:** The Hidden History of 3:00 Poker (Club) with Steven Hilton Davies (C) Container Haiti (Club) 3:30 Technology Help (CE) 7:00 Opera Carolina: Music & (CH) 7:45 PBS Charlotte Special Gardening (CH) Literature from "Turandot" 4:00 Mat Yoga with Sri Watch Party (CH) (CH) (GE)

## April 2024





|                     | SUN   | MON  |  |  |   |  |   |
|---------------------|---|--|--|--|---|--|---|
|                     | <u> </u>  | MON  | TUE  | WED  | THUR  | FRI  | <u>SAT</u>  |
| F<br>(0<br>2:0<br>C | CH) OO Hand and Foot Card Game (GR) OO Book Club (PDR)    | Tax Day 8:15 Silver Gym (GE) 10:00 Water Exercise (P) 10:30 Paint & Sip Event (CE) 10:50 Sit n' Fit PLUS (GE) 11:30 Sit n' Fit (GE) 1:00 Beginner's Bridge (C) 1:00 Team Trivia (CH) 1:00 Mah Jongg (GR) 1:15 Yoga (GE) 3:00 Barclay Orientation Session (CH)  |  | 8:15 Silver Gym (GE) 9:00 Women's Breakfast Club (GR) 10:00 Water Exercise (P) 10:30 Knitting Club (CE) 10:50 Sit n' Fit PLUS (GE) 11:30 Sit n' Fit (GE) 1:00 Open Gym (Fitness Center) 1:00 Canasta (C) 1:00 Intermediate Bridge (GR) 4:00 Mat Yoga with Sri (GE) 4:00 Passover Presentation (CH) | 9:00 Dermatology Visit (S) 9:00 H2O Power Intervals (P) 10:00 Tai Chi (GE) 10:00 Beginner's Conversational Spanish (Club) 10:50 Intermediate Balance (GE) 11:30 Beginner Balance (GE) 1:00 Shopping at Harris Teeter (Lobby) 1:00 Mah Jongg (GR) 1:15 Deep Stretch (GE) 3:00 Town Hall (CH) 7:00 UNCC Speaker Series: Outsiders Inside: Jews and Muslims in Europe (CH) | 9:15 Outing-Senior Scholars (Lobby) 10:00 Water Exercise (P) 10:30 Knitting Club (CE) 10:50 Sit n' Fit PLUS (GE) 11:30 Sit n' Fit (GE) 1:00 Beginner's Bridge (C) 1:15 Yoga (GE) 3:00 Shabbat Service (C) 5:15 Charlotte Knights Baseball Game (Lobby) | 1:00 Mah Jongg (GR) 2:00 Ping Pong (GE) 7:00 Outing-Opera Carolina (Lobby) 7:00 Saturday Night Movie: The King's Speech (CH)  |
| F<br>(0<br>2:0      |   | Passover Earth Day 8:15 Silver Gym (GE) 10:00 Water Exercise (P) 10:00 Little Sugar Creek Greenway Walk (Lobby) 10:50 Sit n' Fit PLUS (GE) 11:30 Sit n' Fit (GE) 1:00 Beginner's Bridge (C) 1:00 Team Trivia (CH) 1:00 Mah Jongg (GR) 1:15 Yoga (GE) 3:00 The Greens at The Barclay: Golf Putting (FC) | Intervals (P)  11:00 Service with Pastor Robbie (8BC)  1:00 Shopping at Target, Dollar Tree & JOANN Fabric and Crafts (Lobby)  1:15 Deep Stretch (GE)  3:00 Technology 101: Instacart (CE)  3:00 Beginner's Mah Jongg (GR) | 8:15 Silver Gym (GE) 10:00 Water Exercise (P)  10:00 Meet and Greet (GR) 10:30 Knitting Club (CE) 10:50 Sit n' Fit PLUS (GE) 11:30 Sit n' Fit (GE) 1:00 Open Gym (Fitness Center) 1:00 Canasta (C) 1:00 Intermediate Bridge (GR) 4:00 Live Music with John Sharp (CH) 4:00 Mat Yoga with Sri (GE)  | 9:00 H2O Power Intervals (P) 10:00 Tai Chi (GE) 10:00 Beginner's Conversational Spanish (Club) 10:50 Intermediate Balance (GE) 11:30 Beginner Balance (GE) 1:00 Shopping at Harris Teeter (Lobby) 1:00 Mah Jongg (GR) 1:15 Deep Stretch (GE) 3:00 Movie Matinee: The Miracle Club (Club) 4:00 Bible Study With June Davies (C) 7:00 Game Night (GR)                     | 9:15 Outing-Senior Scholars (Lobby) 10:00 Water Exercise (P) 10:30 Knitting Club (CE) 10:50 Sit n' Fit PLUS (GE) 11:30 Sit n' Fit (GE) 1:00 Beginner's Bridge (C) 1:15 Yoga (GE) 3:00 April Birthdays & Music Bingo (CH)                               | 1:00 Mah Jongg (GR) 2:00 Ping Pong (GE) 6:30 Outing-Charlotte Symphony (Lobby) 7:00 Saturday Night Movie: Out of Africa (CH)  |
| F<br>(0<br>2:0      | Father Frank<br>CH)<br>OO Hand and Foot<br>Card Game (GR) | 8:15 Silver Gym (GE) 10:00 Water Exercise (P) 10:50 Sit n' Fit PLUS (GE) 11:30 Sit n' Fit (GE) 1:00 Beginner's Bridge (C) 1:00 Team Trivia (CH) 1:00 Mah Jongg (GR) 1:15 Yoga (GE) 3:00 Family Feud Game (CH)  | (P)  | LOCATION KEY  8BC - 8th Floor Sun Room Briar Creek CH - Carolina Hall C - Chapel 2nd Floor Club - Club Room 9th Floor CE - Creative Expressions Room 1st Floor   | FC - Front Circle GR - Game Room - 2nd floor GE - Group Exercise Room 1st Floor Lobby - Lobby P - Pool PDR - Private Dining Room S - Salon  | Any event/outing in bold black print requires a sign up in the activities' binder.   | Activity Sign up: 1. One name per line 2. Only sign up if you are attending 3. To cancel, cross out your name once. Remember you are responsible if an advance purchase is required. 4. Waitlist will move up if people cancel. 5.DO NOT WRITE YOUR NAME OVER A CROSSED-OUT NAME. |

## April 2024



