

April 2021

Key: L = Live at W&W; V = Virtual; C = Phone

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

29	30	31	1 LVC Creative Studios • 10:00 am LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Painting as Exploration • 1:30 pm LVC Bingo • 2:00 pm LVC Weekly Unwind • 4:30 pm	2 LVC Puppet Making • 10:00 am LVC Creativity Challenges • 10:00 am LVC Beginner Line Dance • 12:30 pm LVC Open Studio • 1:30 pm	3 LVC Mosaic Stepping Stone • 11:00 am
5 LVC Meditation • 9:30 am LVC A Deeper Look – Art Discussion Series • 11:00 am LVC Chair Yoga • 11:00 am LVC Tai Ji Quan • 1:00 pm LVC Living Healthy with High Blood Pressure • 2:00 pm	6 LVC Walk Club • 10:30 am LVC Wellness Talk Series • 11:00 am LVC Core on the Floor • 12:00 pm LVC Guided Imagery • 1:00 pm LVC Soap, Suds and Flower Buds • 1:00 pm LVC Artist Trading Cards • 3:00 pm LVC Powerful Tools for Care Partners • 3:00 pm	7 LVC Vinyasa Yoga • 10:00 am LVC Art in Action • 11:00 am LVC Joy Wellness Nutrition Demonstrations • 1:00 pm LVC Tai Ji Quan • 1:00 pm LVC Brain Bootcamp • 2:00 pm LVC Somatic Movement • 3:00 pm	8 LVC Creative Studios • 10:00 am LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Painting as Exploration • 1:30 pm LVC Coffee Chat • 2:00 pm LVC Weekly Unwind • 4:30 pm	9 LVC AgeSTRONG • 10:00 am LVC Puppet Making • 10:00 am LVC Beginner Line Dance • 12:30 pm LVC Open Studio • 1:30 pm LVC Brain Blast Challenge • 2:00 pm	10 LVC Mosaic Stepping Stone • 11:00 am
12 LVC Meditation • 9:30 am LVC A Deeper Look – Art Discussion Series • 11:00 am LVC Chair Yoga • 11:00 am LVC Tai Ji Quan • 1:00 pm LVC What's My Coin Worth? • 2:00 pm LVC Living Well with Diabetes • 2:00 pm LVC Diabetes Prevention Program	13 LVC The Crew – Men's Group • 10:00 am LVC Walk Club • 10:30 am LVC Core on the Floor • 12:00 pm LVC Soap, Suds and Flower Buds • 1:00 pm LVC Writing for Wellness • 1:00 pm LVC Artist Trading Cards • 3:00 pm LVC Powerful Tools for Care Partners • 3:00 pm	14 LVC Vinyasa Yoga • 10:00 am LVC Art in Action • 11:00 am LVC Tai Ji Quan • 1:00 pm LVC Brain Bootcamp • 2:00 pm LVC Stepping Up Your Nutrition • 2:00 pm	15 LVC Creative Studios • 10:00 am LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Painting as Exploration • 1:30 pm LVC Diabetes Prevention Program • 3:00 pm LVC Weekly Unwind • 4:30 pm	16 LVC AgeSTRONG • 10:00 am LVC Puppet Making • 10:00 am LVC Beginner Line Dance • 12:30 pm LVC Open Studio • 1:30 pm LVC Saving Species with the Maryland Zoo • 1:30 pm	17 LVC Mosaic Stepping Stone • 11:00 am
19 LVC Meditation • 9:30 am LVC A Deeper Look – Art Discussion Series • 11:00 am LVC Chair Yoga • 11:00 am LVC Tai Ji Quan • 1:00 pm LVC Wellness Talk Series • 2:00 pm LVC Living Well with Diabetes • 2:00 pm	20 LVC Walk Club • 10:30 am LVC Coffee Chat • 11:00 am LVC Core on the Floor • 12:00 pm LVC Soap, Suds and Flower Buds • 1:00 pm LVC Service Coordination • 2:00 pm LVC Artist Trading Cards • 3:00 pm LVC Powerful Tools for Care Partners • 3:00 pm	21 LVC Vinyasa Yoga • 10:00 am LVC Art in Action • 11:00 am LVC Joy Wellness Nutrition Demonstrations • 1:00 pm LVC Tai Ji Quan • 1:00 pm LVC Brain Bootcamp • 2:00 pm	22 LVC Creative Studios • 10:00 am LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Painting as Exploration • 1:30 pm LVC Your Best Life • 2:00 pm LVC Diabetes Prevention Program • 3:00 pm LVC Weekly Unwind • 4:30 pm	23 LVC AgeSTRONG • 10:00 am LVC Puppet Making • 10:00 am LVC Beginner Line Dance • 12:30 pm LVC Open Studio • 1:30 pm LVC Guided Imagery • 2:00 pm	24 LVC Mosaic Stepping Stone • 11:00 am
26 LVC Meditation • 9:30 am LVC A Deeper Look – Art Discussion Series • 11:00 am LVC Chair Yoga • 11:00 am LVC Tai Ji Quan • 1:00 pm LVC Living Well with Diabetes • 2:00 pm	27 LVC The Crew – Men's Group • 10:00 am LVC Walk Club • 10:30 am LVC Core on the Floor • 12:00 pm LVC Soap, Suds and Flower Buds • 1:00 pm LVC Brain Blast Challenge • 1:30 pm LVC Artist Trading Cards • 3:00 pm LVC Powerful Tools for Care Partners • 3:00 pm	28 LVC Vinyasa Yoga • 10:00 am LVC Walk with Ease • 10:30 am LVC Art in Action • 11:00 am LVC Tai Ji Quan • 1:00 pm LVC Brain Bootcamp • 2:00 pm LVC Somatic Movement • 3:00 pm LVC ART RIGHT NOW! – Artist Talk Series • 4:00 pm	29 LVC Balance & Easy Movement • 10:00 am LVC QiGong • 11:30 am LVC Creativity Challenges • 1:00 pm LVC Diabetes Prevention Program • 3:00 pm LVC Weekly Unwind • 4:30 pm	30 LVC AgeSTRONG • 10:00 am LVC Puppet Making • 10:00 am LVC Walk with Ease • 10:30 am LVC Beginner Line Dance • 12:30 pm LVC Open Studio • 1:30 pm	1