

SPRING HILL ENRICHMENT CENTER

10441 Quality Drive Spring Hill, Florida 34609 Medical Arts Building Suite #105

Located on the campus of Bayfront Health Spring Hill

CPR Training available! Call 597.8875 [SHINE-593.0705](tel:593.0705)

APRIL 2019

684.7568

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>9-11 Share A Craft</p> <p>9-12 Painting</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>12-3:00 Current Events</p> <p>12:30-4 Canasta- Hand & Foot</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 <i>Painting</i></p>	<p>2</p> <p>8-4 Cards, Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>10:30-11:30 YOGA</p> <p>11-12 Social Seniors</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 Scrabble</p> <p>1-3 Deaf Services & FREE amplified Phone</p> <p>6:30-8:30 TLC for Mom's</p>	<p>3</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>10-2 Vocational Rehab</p> <p>10-12 Ceramics</p> <p>10-11 BINGO</p> <p>12:30-4 Advanced Canasta- Hand & Foot</p> <p>1-4 Advanced Mah Jongg</p> <p>1:00-Chewin' the Fat!</p>	<p>4</p> <p>8-4 Cards, Board Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>10-4 AARP DSP</p> <p>1:00-Chewin' the Fat!</p> <p>1-4 Scrabble</p> <p>6:30-8:30 Mom to Mom</p>	<p>5</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>9-11 Share A Craft</p> <p>10-11:30 Crochet Classes</p> <p>10-11 YOGA</p> <p>12:30 Music with Gale</p> <p>12:30-4 Mah-Jongg</p> <p>12:30-4 Advanced Canasta- Hand & Foot</p> <p>1:00-Chewin' the Fat</p> <p>3-6:00 TLC for Mom's</p>
<p>8</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>9-11 Share A Craft</p> <p>9-12 Painting</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>12-3:00 Current Events</p> <p>12:30-4 Canasta- Hand & Foot</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 <i>Painting</i></p>	<p>9</p> <p>8-4 Cards, Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>10:30-11:30 YOGA</p> <p>11-12 Social Seniors</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 Scrabble</p> <p>1-3 Deaf Services & FREE amplified Phone</p> <p>6:30-8:30 TLC for Mom's</p>	<p>10</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>10-2 Vocational Rehab</p> <p>10-12 Ceramics</p> <p>10-11 BINGO</p> <p>12:30-4 Advanced Canasta- Hand & Foot</p> <p>1-4 Advanced Mah Jongg</p> <p>1:00-Chewin' the Fat!</p>	<p>11</p> <p>8-4 Cards, Board Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>1:00-Chewin' the Fat!</p> <p>1-4 Scrabble</p> <p>6:30-8:30 Mom to Mom</p>	<p>12</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>9-11 Share A Craft</p> <p>10-11:30 Crochet Classes</p> <p>10-11 YOGA</p> <p>12:30 Music with Gale</p> <p>12-1 Blood Pressure checks by Home Instead</p> <p>12:30-4 Mah-Jongg</p> <p>12:30-4 Advanced Canasta- Hand & Foot</p> <p>1:00-Chewin' the Fat</p> <p>3-6:00 TLC for Mom's</p>
<p>15</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>9-11 Share A Craft</p> <p>9-12 Painting</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>12-3:00 Current Events</p> <p>12:30-4 Canasta- Hand & Foot</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 <i>Painting</i></p>	<p>23</p> <p>8-4 Cards, Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>10:30-11:30 YOGA</p> <p>11-12 Social Seniors</p> <p>11:30-12:30 Blood Pressure</p> <p>12:30 Meet & Eat- Greek City</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 Scrabble</p> <p>1-3 Deaf Services & FREE amplified Phone</p> <p>1:30-3 FREE Ear Wax Removal</p> <p>1:30 FREE Tobacco Cessation Class</p>	<p>17</p> <p>8-4 Cards, Board Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>10-2 Vocational Rehab</p> <p>10-12 Ceramics</p> <p>10-11 BINGO</p> <p>12:30-4 Advanced Canasta- Hand & Foot</p> <p>1-4 Advanced Mah Jongg</p> <p>1:00-Chewin' the Fat!</p>	<p>18</p> <p>8-4 Cards, Board Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>1:00-Chewin' the Fat!</p> <p>1-4 Scrabble</p> <p>6:30-8:30 Mom to Mom</p>	<p>19</p> 
<p>22</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>9-11 Share A Craft</p> <p>9-12 Painting</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>12-3:00 Current Events</p> <p>12:30-4 Canasta- Hand & Foot</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 <i>Painting</i></p>	<p>23</p> <p>8-4 Cards, Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>10:30-11:30 YOGA</p> <p>11-12 Social Seniors</p> <p>11:30-12:30 Blood Pressure</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 Scrabble</p> <p>1-3 Deaf Services & FREE amplified Phone</p> <p>6:30-8:30 TLC for Mom</p>	<p>24</p> <p>8-4 Cards, Board Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>10-2 Vocational Rehab</p> <p>10-12 Ceramics</p> <p>10-11 BINGO</p> <p>12:30-4 Advanced Canasta- Hand & Foot</p> <p>1-4 Advanced Mah Jongg</p> <p>1:00-Chewin' the Fat!</p>	<p>25</p> <p>8-4 Cards, Board Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>1:00-Chewin' the Fat!</p> <p>1-4 Scrabble</p> <p>6:30-8:30 Mom to Mom</p>	<p> 26</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>9-11 Share A Craft</p> <p>10-11:30 Crochet Classes</p> <p>10-11 YOGA</p> <p>11:00 Birthday Club</p> <p>12-1 Blood Pressure checks by Home Instead</p> <p>12:30-4 Mah-Jongg</p> <p>12:30 Music with Gale</p> <p>12:30-4 Advanced Canasta- Hand & Foot</p> <p>1:00-Chewin' the Fat</p> <p>3-6:00 TLC for Mom's</p>
<p>29</p> <p>8-4 Cards, Games & Puzzles</p> <p>9:00-10:00 Chair Exercise</p> <p>9-11 Share A Craft</p> <p>9-12 Painting</p> <p>9-4 SHINE by Appt Only Call 593-0705</p> <p>12-3:00 Current Events</p> <p>12:30-4 Canasta- Hand & Foot</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 <i>Painting</i></p>	<p>30</p> <p>8-4 Cards, Games & Puzzles</p> <p>8:30-9:00 Weights & Squats</p> <p>9:00-9:40 2 mile walk</p> <p>9:40-10:00 Tai Chi</p> <p>9-11 Share A Craft</p> <p>10:30-11:30 YOGA</p> <p>11-12 Social Seniors</p> <p>1:00-Chewin' the Fat!</p> <p>1-4:00 Scrabble</p> <p>1-3 Deaf Services & FREE amplified Phone</p> <p>6:30-8:30 TLC for Mom's</p>	 <p>Sun-Coast Traffic School-</p> <p>352.279.6489</p> <p>AARP Driving</p> <p>352.678.1533</p>	 <p>APRIL 16TH</p> <p>Greek City</p>	 <p>Forest Oaks</p> <p>683-3323</p> <p>Spring Oaks</p> <p>592-1150</p> <p>The Grande</p> <p>544-0944</p> <p>Call for a Free Tour!</p>

--	--	--	--	--

www.bayfrontspringhill.com