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APRIL 2024

Palm Hill Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	8am: Beginner Yoga (S) 8am-9:30am: Coffee & Donuts (N) 1 8am-9:30am: Tennis 9:15am: Chair Yoga (S) 9:30am-11am: Pickleball 10am-12pm: Men's Golf Association (N) 10:30am-11:30am: Chair adapted Tai Chi (S) 11am: Social Shuffle (S Court) 11:30am: Line dancing (S) 1pm: Bowling 3pm-4:30pm: Tennis 6:30pm: Euchre (N) April Fool's Day	8am-9:30am: Pickleball 9am-10am: Exercise Class (N) 9:30am-11am: Tennis 10am: Charlotte Ernest Food Drive (S) 10am-11am: Water Aerobics with Joan (N Pool) 10:15am: Flow Yoga (S) 1pm-3pm: Table Tennis (N) 7pm-9pm: Bingo (N)	8am-9:30am: Coffee & Donuts (S) 3 8am: Intermediate Yoga (N) 8am-9:30am: Tennis 9am-12pm: Free Ear Wax Removal (S) 9:15am-10:15am: Intro to Tai Chi (N) 9:30am-11am: Pickleball 10:30am-11:30am: Cardio Mix (N) 1pm: Mahjong Group. (N Library) 3pm-4:30pm: Tennis 6:30pm-8:30pm: Men's Billiards (N)	8am-9:30am: Pickleball 4 9:30am-11am: Tennis 10am-12pm: Arts & Crafts (S) 1pm: Book Club (S) 1pm-3pm: Table Tennis (N) 3:45pm: North Food Distribution (N) 7pm-9pm: Bingo (S)	8am-9:30am: Tennis 5 9am-10am: Exercise Class (N) 9:30am-11am: Pickleball 10am-11am: Water Aerobics with Joan (N Pool) 1pm: Hand and Foot Cards (N Library) 3pm-4:30pm: Tennis	Bandits end of season event 8:30am-10am: Pickleball 10am-2pm: Bandits Annual Party (N) 10am-11:30am: Tennis 3pm-4:30pm: Pickleball
9am-9:45am: Sunday Morning Stretch yoga 4pm-5pm: Sunday Worship (N) 6pm: Hoss collar shuffle 7	TBD: St. Pete Community Band (S) 7:30am: St. Pete Band (S) 8am: Beginner Yoga (S) 8am-9:30am: Coffee & Donuts (N) 8am-9:30am: Tennis 9:15am: Chair Yoga (S) 9:30am-11am: Pickleball 10:30am-11:30am: Chair adapted Tai Chi (S) 11am: Social Shuffle (S Court) 11:30am: Line dancing (S) 1pm: Bowling 3pm-4:30pm: Tennis 6:30pm: Euchre (N) 8	8am-9:30am: Pickleball 9am-10am: Exercise Class (N) 9:30am-11am: Tennis 10am-11am: Water Aerobics with Joan (N Pool) 10:15am: Flow Yoga (S) 1pm-3pm: Table Tennis (N) 7pm-9pm: Bingo (N) 9	8am-9:30am: Coffee & Donuts (S) 10 8am: Intermediate Yoga (N) 8am-9:30am: Tennis 9am-12pm: Free Ear Wax Removal (S) 9:15am-10:15am: Intro to Tai Chi (N) 9:30am-11am: Pickleball 10:30am-11:30am: Cardio Mix (N) 1pm: Mahjong Group. (N Library) 3pm-4:30pm: Tennis 6:30pm-8:30pm: Men's Billiards (N)	8am-9:30am: Pickleball 11 9:30am-11am: Tennis 10am-12pm: Arts & Crafts (S) 1pm-3pm: Table Tennis (N) 7pm-9pm: Bingo (S)	8am-9:30am: Tennis 12 9am-10am: Exercise Class (N) 9:30am-11am: Pickleball 10am-11am: Water Aerobics with Joan (N Pool) 1pm: Hand and Foot Cards (N Library) 3pm-4pm: Tennis 5:30pm: Potluck Dinner / Game Night (S)	8am-9:30am: Pancake Breakfast (N) 8:30am-10am: Pickleball 10am-11:30am: Tennis 12:45pm: Book Club (S) 3pm-4:30pm: Pickleball 13
9am-9:45am: Sunday Morning Stretch yoga 6pm: Hoss collar shuffle 14	8am: Beginner Yoga (S) 15 8am-9:30am: Coffee & Donuts (N) 8am-9:30am: Tennis 9:15am: Chair Yoga (S) 9:30am-11am: Pickleball 11am: Social Shuffle (S Court) 11:30am: Line dancing (S) 1pm: Bowling 3pm-4:30pm: Tennis 6:30pm: Euchre (N)	8am-9:30am: Pickleball 16 9am-10am: Exercise Class (N) 9:30am-11am: Tennis 10am-11am: Water Aerobics with Joan (N Pool) 10:15am: Flow Yoga (S) 1pm-3pm: Table Tennis (N) 7pm-9pm: Bingo (N)	8am-9:30am: Coffee & Donuts (S) 17 8am: Intermediate Yoga (N) 8am-9:30am: Tennis 9:15am-10:15am: Intro to Tai Chi (N) 9:30am-11am: Pickleball 10:30am-11:30am: Cardio Mix (N) 1pm: Mahjong Group. (N Library) 3pm-4pm: Tennis 6:30pm-8:30pm: Men's Billiards (N)	8am-9:30am: Pickleball 18 9:30am-11am: Tennis 10am-12pm: Arts & Crafts (S) 1pm-3pm: Table Tennis (N) 7pm-9pm: Bingo (S)	8am-9:30am: Tennis 19 9am-10am: Exercise Class (N) 9:30am-11am: Pickleball 10am-11am: Water Aerobics with Joan (N Pool) 1pm: Hand and Foot Cards (N Library) 3pm-4pm: Tennis 6:30pm-9pm: Obi-Time Karaoke and Dance Party (N)	8:30am-10am: Pickleball 20 10am-11:30am: Tennis 3pm-4:30pm: Pickleball
6pm: Hoss collar shuffle 21	8am: Beginner Yoga (S) 22 8am-9:30am: Coffee & Donuts (N) 8am-9:30am: Tennis 9:15am: Chair Yoga (S) 9:30am-11am: Pickleball 11am: Social Shuffle (S Court) 11:30am: Line dancing (S) 1pm: Bowling 3pm-4:30pm: Tennis 6:30pm: Euchre (N)	8am-9:30am: Pickleball 23 9am-10am: Exercise Class (N) 9:30am-11am: Tennis 10am-11am: Water Aerobics with Joan (N Pool) 10:15am: Flow Yoga (S) 1pm-3pm: Table Tennis (N) 7pm-9pm: Bingo (N)	8am-9:30am: Coffee & Donuts (S) 24 8am: Intermediate Yoga (N) 8am-9:30am: Tennis 9:30am-11am: Pickleball 1pm: Board of Directors Meeting of the HOPH (N) 1pm: Mahjong Group. (N Library) 3pm-4pm: Tennis 6:30pm-8:30pm: Men's Billiards (N)	8am-9:30am: Pickleball 25 9:30am-11am: Tennis 10am-12pm: Arts & Crafts (S) 1pm-3pm: Table Tennis (N) 7pm-9pm: Bingo (S)	8am-9:30am: Tennis 26 9am-10am: Exercise Class (N) 9:30am-11am: Pickleball 10am-11am: Water Aerobics with Joan (N Pool) 1pm: Hand and Foot Cards (N Library) 3pm-4pm: Tennis 6:30pm: Bunco (S)	8:30am-10am: Pickleball 27 10am-11:30am: Tennis 3pm-4:30pm: Pickleball
6:30pm: Movie Night (S) 28	8am: Beginner Yoga (S) 29 8am-9:30am: Coffee & Donuts (N) 8am-9:30am: Tennis 9:15am: Chair Yoga (S) 9:30am-11am: Pickleball 11:30am: Line dancing (S) 1pm: Bowling 3pm-4:30pm: Tennis 6:30pm: Euchre (N)	8am-9:30am: Pickleball 30 9am-10am: Exercise Class (N) 9:30am-11am: Tennis 10am-11am: Water Aerobics with Joan (N Pool) 10:15am: Flow Yoga (S) 1pm-3pm: Table Tennis (N) 7pm-9pm: Bingo (N)				



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