




**\*Senior Walking: Join us on weekdays at 3pm at Hermon High for outdoor walking! (Nice days only!)**

# APRIL '23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Bowling Family Fun Lanes 12:30pm \$3.00 per game Shoes are free	<b>4</b>	<b>5</b>	<b>6</b> Gentle Yoga, 11:30am Card Games, 12:30pm Boulter Place  Coffee, tea & light snack	<b>7</b>
<b>10</b> Bowling Family Fun Lanes 12:30pm \$3.00 per game Shoes are free	<b>11</b> <b>Spring Craft with Julie</b> <b>@ 11:30am, free</b>	<b>12</b>	<b>13</b> <b>No Yoga Today</b> Card Games, 12:30pm Boulter Place  Coffee, tea & light snack provided, free	<b>14</b>
<b>17</b> Bowling Family Fun Lanes 12:30pm \$3.00 per game Shoes are free	<b>18</b>	<b>19</b> Free Community Supper Hermon Baptist Church 5:00pm - 6:30pm Sponsored by Danforth's	<b>20</b> Gentle Yoga, 11:30am Card Games, 12:30pm Boulter Place  Coffee, tea & light snack provided, free	<b>21</b>
<b>24</b> Bowling Family Fun Lanes 12:30pm \$3.00 per game Shoes are free	<b>25</b>	<b>26</b>	<b>27</b> <b>No Yoga Today</b>  <b>Senior's Springtime</b> <b>Luncheon, 12pm</b> <b>Please RSVP by 4/24</b>	<b>28</b>
				



**Interested in joining the Hermon Rec Seniors? We'd love to have you! Please RSVP so we can plan accordingly. Contact Lindsey at 207-848-8014 to sign up for activities or for additional information.**