




# APRIL 2025

	<b>Tuesday 1</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Cardio Exercise(10-11) & (11:30-12:30) Line Dancing 11-11::30 am	<b>Wednesday 2</b> Coffee & Conversation 8-10 am Card Games 9-10:15 Walk the Beat 10-11am ABC Forever Program ( Cornhole) 11:-1 Edwards Park Bingo (10:12) & (12:30-3:30)	<b>Thursday 3</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Yoga (9-10) & (10-11am) Friendship Club 11-1 pm	<b>Friday 4</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15 Yoga with mats 9:15-10 AM Bingo (10:12) & (12:30-3:30) Ethos Lunch 12-12:45 pm
<b>Monday 7</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 9-11am Card Games 11-2 pm Ethos Lunch 12-12:45 pm	<b>Tuesday 8</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Cardio Exercise (10-11) & (11:30-12:30) Line Dancing 11-11::30 am	<b>Wednesday 9</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15 Walk the Beat 10-11am ABC Forever Program (Cornhole) 11-1 Edwards Park Bingo (10:12) & (12:30-3:30)	<b>Thursday 10</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Yoga (9-10) & (10-11am) Lunch & Learn (Health Center) Topic - Stroke Awareness 11:45-2:00	<b>Friday 11</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15 Yoga with mats 9:15-10 AM Bingo (10:12) & (12:30-3:30) Ethos Lunch 12-12:45 pm
<b>Monday 14</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 9-11am Card Games 11-1pm Ethos Lunch 12-12:45 pm	<b>Tuesday 15</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Cardio Exercise (10-11) & (11:30-12:30) Line Dancing 11-11::30 am	<b>Wednesday 16</b> Coffee & Conversation 8-10 am Card Games 9-10:15 Walk the Beat 10-11am ABC Forever Program (Cornhole) 11-1 Edwards Park Bingo (10:12) & (12:30-3:30) Library Listening Session (1-2:30 pm)	<b>Thursday 17</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Yoga (9-10) & (10-11am) Friendship Club 11-1 pm	<b>Friday 18</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15 Yoga with mats 9:15-10 AM Special Spring Flingo (Bingo) Ethos Lunch 12-12:45 pm
	<b>Tuesday 22</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Exercise(10-11) & (11:30-12:30) Line Dancing 11-11::30 am	<b>Wednesday 23</b> Coffee & Conversation 8-10 am Card Games 9-10:15 Walk the Beat 10-11am Bingo (10:12) & (12:30-3:30) Ethos Lunch 12-12:45 pm	<b>Thursday 24</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Yoga (9-10) & (10-11am) Wii Bowling 11-2 pm	<b>Friday 25</b> Coffee & Conversation 8-10 am Card Games 9-10:15 Yoga with mats 9:15-10 AM Bingo (10:12) & (12:30-3:30) Ethos Lunch 12-12:45 pm
<b>Monday 28</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 9-11am Ethos Lunch 12-12:45 pm	<b>Tuesday 29</b> Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Exercise(10-11) & (11:30-12:30) Line Dancing 11-11::30 am	<b>Wednesday 30</b> Coffee & Conversation 8-10 am Card Games 9-10:15 Walk the Beat 10-11am ABC Forever Program ( Cornhole) 11-1 Edwards Park Bingo (10:12) & (12:30-3:30)	 <div>             Ethos Lunch              on Mondays,              Wednesdays,              and Fridays.              \$2.00              Donation           </div>	