

# The Nash- April 2024

Mon	Tue	Wed	Thu	Fri
1 8:15am Step it Up 8:30am Hand & Foot 9:30am Tai-Chi \$ 11am Exercise to the Beat *No Quilting Club* 2pm Chair Hockey 3pm Chair Video Aerobics	2 9am Body Craze 9am Color Club 9am Craft Group 11am Exercise to the Beat 11am Pinochle 2pm Recipe Club	3 8:15am Step it Up 8:30am Hand & Foot 10am Walking Day 1:30pm Basic Line Dancing	4 9:30am Tai-Chi 11am Exercise to the Beat 11am Pinochle 1pm Advanced Line Dancing \$	5 8:15am Step it Up 9am Yoga \$ 9:30am Zumba 11am Chair Volleyball
8 8:15am Step it Up 8:30am Hand & Foot 9:30am Tai-Chi \$ 11am Exercise to the Beat 2pm Bingo 3pm Chair Video Aerobics	9 9am Body Craze 9am Computer Class 9am Color Club 9am Craft Group 11am Exercise to the Beat 11am Pinochle 1pm Computer Class 2pm Chair Hockey	10 8:15am Step it Up 8:30am Hand & Foot 9am Computer Class 1pm Computer Class 1:30pm Basic Line Dancing	11 9am Computer Class *No Tai-Chi* *No Exercise to the Beat* *No Advanced Line Dancing* 11am Pinochle 1pm Computer Class 2pm Washi Tape Farring Craft	12 8:15am Step it Up 9am Yoga \$ 9:30am Zumba 11am Chair Volleyball 1pm Partner Pool Tournament
15 8:15am Step it Up 8:30am Hand & Foot 9:30am Tai-Chi \$ 11am Exercise to the Beat 1pm Titanic Mystery 1pm Quilting Club *No Chair Hockey* 3pm Chair Video Aerobics	16 9am Body Craze 9am Computer Class 9am Color Club 9am Craft Group 11am Pinochle 11am Exercise to the Beat 1pm Computer Class 1pm Estate Planning	17 *No Step it Up* 8:30am Hand & Foot 9am Computer Class 11:30am Spring Luncheon & Butterbean Auction \$ 1pm Computer Class 1:30pm Basic Line Dancing	18 9am Computer Class 9:30am Tai-Chi \$ 11am Exercise to the Beat 11am Pinochle 1pm Computer Class 1pm Advanced Line Dancing \$	19 8:15am Step it Up 9am Yoga \$ 9:30am Zumba 11am Chair Volleyball
22 8:15am Step it Up 8:30am Hand & Foot 9:30am Tai-Chi \$ 11am Exercise to the Beat 2pm Bingo 3pm Chair Video Aerobics	23 9am Body Craze 9am Computer Class 9am Color Club 9am Craft Group 11am Exercise to the Beat 11am Pinochle 1pm Computer Class 1pm Women's Tournament	24 8:15am Step it Up 8:30am Hand & Foot 9am Computer Class 9am Men's Pool Tournament 1pm Computer Class 1:30pm Basic Line Dancing	25 9am Computer Class 9:30am Tai-Chi \$ 11am Exercise to the Beat 11am Pinochle 1pm Computer Class 1pm Advanced Line Dancing \$	26 8:15am Step it Up 9am Yoga \$ 9:30am Zumba 11am Chair Volleyball
29 8:15am Step it Up 8:30am Hand & Foot 9:30am Tai-Chi \$ 11am Exercise to the Beat 2pm Superhero Game Day 3pm Chair Video Aerobics	30 9am Body Craze 9am Computer Class 9am Color Club 9am Craft Group 11am Exercise to the Beat 11am Pinochle 1pm Computer Class	<p style="text-align: center;"><b>NASH COUNTY SENIOR CENTER</b>  <b>103 N. ALSTON ST.</b>  <b>NASHVILLE, NC 252-459-7681</b></p>		