

**April 2021 - Activity Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>REGISTRATION IS REQUIRED</b> to register please visit <b>www.lifepathny.com</b> If you need assistance registering, please call 518-465-3322</p>			<p><b>1</b>                    <b>2 pm</b> <b>Paint-n-Sip (part I) **</b>  Release your inner Picasso as Joan presents these fun (3) 1-hour sessions where you will work to create a masterpiece. Artistic ability not required.</p>	<p><b>2</b>                    <b>Ask CDPHP</b>  Are you a CDPHP member looking for support with your health care needs? Schedule a private appointment with Brittany to talk about your needs.</p>
<p><b>5</b></p>	<p><b>6</b>                    <b>2 pm</b> <b>A fun trivia game of Who Said That?</b>  There are so many famous "lines" in society &amp; history... come test your skills on famous one-liners!</p>	<p><b>7</b></p>	<p><b>8</b>                    <b>2 pm</b> <b>Seated Tai Chi</b>  Stretch your body while relaxing your muscles. Participate seated or standing from the comfort of your home. Led by Cheryl Hurd.</p>	<p><b>9</b></p>
<p><b>12</b>                    <b>2pm</b> <b>Prices Then &amp; Now</b>  Prices have gone up, so how much did you pay for a candy bar when you were younger? How much is it today?</p>	<p><b>13</b></p>	<p><b>14</b>                    <b>2 pm</b> <b>BINGO IS BACK BABY!</b>  BINGO the way you like it. We will play all the fun games for an hour, Crazy T, Round Robin, Letter X, Kite, Coverall and many more.</p>	<p><b>15</b>                    <b>2 pm</b> <b>Paint-n-Sip at Home with Joan (part II) **</b></p>	<p><b>16</b>                    <b>10 am</b> <b>Cooking Demo</b>  Cooking Demo with Chef Kristyn, trained nutritionist at the Regional Food Bank Just Say Yes to Fruits &amp; Vegetables Program</p>
<p><b>19</b>                    <b>2 pm</b> <b>Back Down Memory Lane</b>  Songs often remind us of a special moment, I'll play a song, you share your memory... or maybe you'd just like to hear your favorite song!</p>	<p><b>20</b></p>	<p><b>21</b>                    <b>10:30 am</b> <b>Falls Prevention **</b> will prepare you for the Falls Talk Program™ that has been proven to help you stay independent. Gain confidence, support &amp; knowledge on keeping safe in your home &amp; environment * see insert</p>	<p><b>22</b>                    <b>2 pm</b> <b>Seated Tai Chi</b>  Stretch your body while relaxing your muscles. Participate seated or standing from the comfort of your home. Led by Cheryl Hurd.</p>	<p><b>23</b></p>
<p><b>26</b>                    <b>1 pm</b> <b>Book Club: <u>The Island of the Sea Woman</u> by Lisa See</b>  This is an amazing tale of womanhood, survival, courage, &amp; friendship. Historical Fiction (1930's to present).</p>	<p><b>27</b>                    <b>9:30 am</b> <b>Community Forum on Homesharing</b> in partnership with Albany Guardian Society <b>* see enclosed insert</b></p>	<p><b>28</b>                    <b>1 pm</b> <b>Medicare Updates **</b> In this Zoom class, you will learn about the many money saving programs that may help put money back in your pocket and/or save you at the pharmacy</p>	<p><b>29</b>                    <b>2 pm</b> <b>Paint-n-Sip at Home with Joan (part III) **</b></p>	<p><b>30</b></p>

\* Registration is limited for the programs, be sure to call early to secure your spot.  
 \* Registration for the shaded dates is required and must occur one week prior to the class, in order to receive the needed supplies.  
 \* I understand it is my responsibility to consult with a physician before participating in physical activity and release LifePath from liability for illness/injury related to my participation. I understand LifePath may take photos of me participating and give my permission for their use in marketing/social media. With my registration for any of these programs, I agree to the conditions.  
 \*\* This program has been sponsored in part by the Albany County Department for Aging, the NYS Department of Aging, and the Administration for Community Living.

**ONLINE LOG-IN DETAILS**  
 Zoom Meeting ID: 818 9914 8885  
 Password: April

**TELEPHONE CALL-IN DETAILS**  
 Phone Number: (929) 205-6099  
 Meeting ID: 818 9914 8885  
 Passcode: 390024