

# At HOME

*on the Sound*

## Member Events

### At a Glance

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 	<b>2</b> Canasta – 9:30AM Knitting – 2:30PM	<b>3</b> Women's Group – 3:30PM (AHOTS OFFICE)	<b>4</b>	<b>5</b> AHOTS Strength & Balance Training – 1:30PM (GRIT FITNESS STUDIO)	<b>6</b>
<b>7</b>	<b>8</b> Lunch Outing – 12:30PM (Sedona) 	<b>9</b> Canasta – 9:30AM Lecture Series – 4:00PM (ST. JOHN'S)	<b>10</b> AHOTS Radio Show – 3PM (MAM'K LIBRARY) 	<b>11</b> 	<b>12</b> AHOTS Strength & Balance Training – 1:30PM (GRIT FITNESS STUDIO) Men's Group – 1:30PM (at Mamaroneck Library)	<b>13</b> 
<b>14</b> 	<b>15</b> 80's Group – 2PM (TOWN CENTER – CONF ROOM C)	<b>16</b> Canasta – 9:30AM Knitting – 2:30PM	<b>17</b> Women's Group – 3:30PM (AHOTS OFFICE)	<b>18</b> German Group – 3PM (Location TBD)	<b>19</b> AHOTS Strength & Balance Training – 1:30PM (GRIT FITNESS STUDIO)	<b>20</b>
<b>21</b>	<b>22</b> 	<b>23</b> Canasta – 9:30AM	<b>24</b> National Pigs in a Blanket Day 	<b>25</b> Coffee & Chat 10AM (AHOTS Office)	<b>26</b> AHOTS Strength & Balance Training – 1:30PM (GRIT FITNESS STUDIO) Men's Group – 1:30PM (at Mamaroneck Library)	<b>27</b>
<b>28</b> 	<b>29</b>	<b>30</b> Canasta – 9:30AM Happy Hour 4PM – 6PM (SEDONA)		<b>Call if you need transportation: 914-899-3150</b>	<b>Please give us as much notice as possible for any rides you need.</b>	<b>GOODBYE APRIL!</b> 