

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Online	Schedule	1	2 11:00am Meditation w/Vera ONLINE	3	4	5
6 6:15pm Yoga ONLINE	7 11:00am Meditation ONLINE	8	9 11:00am Meditation w/Vera ONLINE	10	11 9:30 am Yoga ONLINE	12 Heal
13 6:15pm Yoga ONLINE	14 11:00am Meditation ONLINE	15	16 11:00am Meditation w/Vera ONLINE	17	18 9:30 am Yoga ONLINE	19 Rest
20 6:15pm Yoga ONLINE	21 11:00am Meditation ONLINE	22	23 11:00am Meditation w/Vera ONLINE	24	25 9:30 am Yoga ONLINE	26 Enjoy Family and Friends
27 6:15pm Yoga ONLINE	28 11:00am Meditation ONLINE	29	30 11:00am Meditation w/Vera ONLINE		9:30 am Yoga ONLINE)	Laugh

Health Tip of the Month

April 22nd is Earth Day! When it comes to reducing food waste, use the 3 R's: Reduce, Reuse, and Recycle. **Reduce** the amount of leftover food by serving smaller portions. **Reuse** leftovers by serving them again the next day or by freezing them. **Recycle** leftovers into a different meal, like adding leftover rice to soup the next day!

