

# HILLS & DALES LIFETIME CENTER

3505 Stoneman Road,  
Dubuque, IA

## APRIL 2024 ACTIVITY CALENDAR

**CALL 556-3305 BEFORE 8 AM TO MAKE LUNCH RESERVATIONS**

### **Mondays:**

10:00 - 11:00 Senior Fitness Exercise Class  
11:30 Lunch  
12:00 - 3:00 Open Canasta

### **Tuesdays:**

11:30 Lunch  
12:00 Needlework Group  
12:15 - 4:00 Duplicate Bridge  
12:15 - 4:00 Ladies Bridge (dining room)  
4:00 - 6:00 Fiber Arts Group (Fourth Tuesday of the month)

### **Wednesdays**

10:00 - 11:00 Senior Fitness Exercise Class  
11:30 Lunch  
12:15 - 4:00 Open Euchre

### **Thursdays**

10am-11:30am Memory Café 11th and 25<sup>th</sup>  
11:00am Wellness  
11:30 Lunch  
1:00- 5:00 Sit and Sew Club

### **Fridays**

10:00 - 11:00 Senior Fitness Exercise Class  
11.30 Lunch