



ACTIVITY CALENDAR

APRIL 2019

SERENE URBANA

Timing	Sun	Mon	Tue	Wed	Thu	Fri	Sat
● 07:00 am to 08:00 am Yoga Class		1	2	3	4	5	6
● 5:00 pm to 6:00 pm Tambola Game		● ●	● ●	● ● ●	● ● ● ●	● ●	●
● 11:00 am to 12:00 pm Stretching Class	7	8	9	10	11	12	13
● 11:00 am to 12:00 pm Breathing Exercise		● ●	● ●	● ● ●	● ● ● ●	● ●	●
● 07:00 am to 08:00 am Tai Chi Exercise	14	15	16	17	18	19	20
● 4:30 pm to 6:30 pm Movie Screening	●	● ●	● ●	● ● ●	● ● ● ●	● ●	●
● 4:30 pm Classical music programme	21	22	23	24	25	26	27
● 4:30 pm Bhagavad Gita Talk by ISKCON		● ●	● ●	● ● ●	● ● ● ●	● ●	●
● 12:30 pm Chinese Food Festival	28	29	30				
		● ●	● ● ●				



Birthdays

DATE	NAME	UNIT	DATE	NAME	UNIT
2nd	Kumary Gopalan Prasanna	B1-106	17th	Indumathi	B1-104
4th	Padma Nagarajan	B1-007	18th	B.N.Balasubramanian	B1-506
4th	Suresh Sujeer Nayak	3B-507	20th	Jayawishwanathan	B4-510
10th	Lalitha Raman	3B-204	21st	Gushan Jasrotia	B2-604
12th	Radha Chandrasekaran	B2-106	29th	S.C.Krishnan	B1-005