## **APRIL 2024**

## (609) 799-9068

| <u>Monday</u>  | <u>Tuesday</u>  | <u>Wednesday</u>                               | Thursday  | <u>Friday</u>  |
|--|---|--|---|--|
| 1  | 2   | 3  | 4   | 5  |
| 9:15 Form & Function – Kelly                                 | 8:30 Strength - Kelly                                 | 8:15 Walking                                   | 8:15 Total Body Toning – Vin  | 8:15 Walking   |
| (activity room)  | (activity room)                                       | (double classroom)                             | (activity room)   | (double classroom)                                   |
| 10:15 Yoga – Kelly   | 9:00-2:00 AARP Tax Service                            | 9:15 Form & Function – Kelly                   | 9:30 Yoga – Mireille  | 8:30 Strength - Lisa                                 |
| (activity room)  | (double classroom)                                    | (activity room)                                | (activity room)   | (activity room)                                      |
| 11:00 Art of Oil Painting –                                  | 9:00 Spanish 1 - Nelida                               | 10:00 Balance – Anna ZOOM                      | 10:00 Art of Watercolor – Margaret                                    | 9:30 Chinese Hour - Sylvia                           |
| (double classroom)   | (library/ ZOOM)                                       |  | (double room)   | (double classroom)                                   |
| 11:30 Strength - Ed  | 10:00 Spanish 2 - Nelida                              | 10:00 Acupuncture Lecture                      | 11:00 Cardio - Linda  | 09:30 Tai Chi - Hsueh                                |
| (activity room)  | (library/ ZOOM)                                       | (double classroom)                             | (activity room)   | (activity room)                                      |
| 1:00 – 3:00  | 11:30 Chair, Stretch & Tone – Lisa                    | 11:00 Chair Yoga – Ed                          | 1:00 Investment Group   | 10:45 Bollywood Dancing                              |
| Session 1 – H.O.P.E.   | (activity room)                                       | (activity room)                                | (double classroom)  | (activity room)                                      |
| (library)  | 1:15 Strength - Mark<br>(activity room)               | 12:00 Duplicate Bridge<br>(double classroom)   | 1:00 Zumba – Vin<br>(activity room)                                   | 11:00 Strength - Anna<br>ZOOM                        |
|  |   | 2:50 International Ballroom<br>(activity room) |   | 1:00 Heart Health Lecture<br>(activity room)         |
| 8  | 9   | 3:15 Tech-Mate Program 10                      | 11  | (activity room)<br>12                                |
| 9:15 Form & Function – Kelly                                 | 8:30 Strength - Kelly                                 | 8:15 Walking                                   | 8:15 Total Body Toning - Vin  | 8:00 Radon Tabletop- Health Dept                     |
| (activity room)  | (activity room)                                       | (double classroom)                             | (activity room)   | (lobby)  |
| 10:15 Yoga – Kelly   | 9:00-2:00 AARP Tax Service                            | 9:15 Form & Function – Kelly                   | 9:30 Yoga – Mireille  | 8:15 Walking   |
| (activity room)  | (double classroom)                                    | (activity room)                                | (activity room)   | (double classroom)                                   |
| 11:00 Art of Oil Painting –                                  | 9:00 Spanish 1 – Nelida                               | 10:00 Balance – Anna ZOOM                      | 10:00 Art of Watercolor – Margaret                                    | 8:30 Strength - Lisa                                 |
| (double classroom)   | (library/ ZOOM)                                       |  | (double room)   | (activity room)                                      |
| 11:30 Strength - Ed  | 10:00 Spanish 2 – Nelida                              | 11:00 Chair Yoga – Ed                          | 11:00 Cardio - Linda  | 9:30 Chinese Hour - Sylvia                           |
| (activity room)  | (library/ ZOOM)                                       | (activity room)                                | (activity room)   | (double classroom)                                   |
| 1:00 – 3:00  | 10:00-12:00 Blood Pressure Screening                  | 12:00 Duplicate Bridge                         | 1:00 Investment Group   | 09:30 Tai Chi - Hsueh                                |
| Session 2 – H.O.P.E.   |   | (double classroom)                             | (double classroom)  | (activity room)                                      |
| (library)  | 11:30 Chair, Stretch & Tone – Lisa                    | 2:50 International Ballroom                    | 1:00 Zumba – Vin  | 10:45 Bollywood Dancing                              |
|  | (activity room)                                       | (activity room)                                | (activity room)   | (activity room)                                      |
|  | 1:15 Strength - Mark<br>(activity room)               |  |   | 11:00 Strength - Anna<br>ZOOM                        |
|  |   |  |   | 2:00 Music Appreciation<br>(activity room)           |
| 15   | 16  | 17   | 18  | 19   |
| 9:15 Form & Function – Kelly                                 | 8:30 Strength - Kelly                                 | 8:15 Walking                                   | 8:15 Total Body Toning – Vin  | 8:15 Walking   |
| (activity room)  | (activity room)                                       | (double classroom)                             | (activity room)   | (double classroom)                                   |
| 10:15 Yoga – Kelly   | 9:00 Glucose Screening                                | 9:15 Form & Function – Kelly                   | 9:30 Yoga – Mireille  | 8:30 Strength - Lisa                                 |
| (activity room)  |   | (activity room)                                | (activity room)   | (activity room)                                      |
| (double classroom)   | 09:00 Spanish 1- Nelida<br>(library/ ZOOM)            | SHIP Counselor<br>9:30, 10:45, 12:00           | (acuvity room)<br>10:00 Art of Watercolor – Margaret<br>(double room) | 9:30 Chinese Hour - Sylvia<br>(library)              |
| (autile classroom)<br>11:30 Strength - Ed<br>(activity room) | 10:00 Spanish 2 – Nelida<br>(library/ ZOOM)           | 10:00 Bone Density Screening                   | (double room)<br>11:00 Cardio - Linda<br>(activity room)              | (norary)<br>09:30 Tai Chi - Hsueh<br>(activity room) |
| 1:00 – 3:00  | 11:30 Chair, Stretch & Tone – Lisa<br>(activity room) | 10:00 Balance – Anna ZOOM                      | 1:00 Investment Group   | 10:45 Bollywood Dancing                              |
| Session 3 – H.O.P.E.   | 1:15 Strength - Mark                                  | 11:00 Chair Yoga – Ed                          | (double classroom)  | (activity room)                                      |
| (library)  | (activity room)                                       | (activity room)                                | 1:00 Zumba – Vin  | 11:00 Strength - Anna                                |
|  |   | 12:00 Duplicate Bridge<br>(double classroom)   | (activity room)   | ZOOM<br>1:00   |
|  |   | 2:50 International Ballroom<br>(activity room) |   | Karl Dentino<br>Music Concert                        |
| 22   | 23  | 3:15 Tech-Mate Program 24                      | 25  | 26   |
| 22   | 23  | 24   | 25  | 20   |
| 9:15 Form & Function – Kelly                                 | 8:30 Strength - Kelly                                 | 8:15 Walking                                   | 8:15 Total Body Toning - Vin  | 8:15 Walking   |
| (activity room)  | (activity room)                                       | (double classroom)                             | (activity room)   | (double classroom)                                   |
| 10:15 Yoga – Kelly   | 09:00 Spanish 1 – Nelida                              | 9:15 Form & Function – Kelly                   | 9:30 Yoga – Mireille  | 8:30 Strength - Lisa                                 |
| (activity room)  | (library/ ZOOM)                                       | (activity room)                                | (activity room)   | (activity room)                                      |
| 11:00 Art of Oil Painting – Zakia                            | 10:00 Spanish 2 – Nelida                              | 10:00 Balance – Anna ZOOM                      | 10:00 Art of Watercolor – Margaret                                    | 9:30 Chinese Hour - Sylvia                           |
| (double classroom)   | (library/ ZOOM)                                       |  | (double room)   | (library)  |
| 11:30 Strength - Ed  | 11:30 Chair, Stretch & Tone – Lisa                    | 11:00 Chair Yoga – Ed                          | 11:00 Cardio - Linda  | 09:30 Tai Chi - Hsueh                                |
| (activity room)  | (activity room)                                       | (activity room)                                | (activity room)   | (activity room)                                      |
| 12:15 Meditation Healing- Ed                                 | 1:15 Strength - Mark                                  | 12:00 Duplicate Bridge                         | 1:00 Investment Group   | 10:45 Bollywood Dancing                              |
| (activity room)  | (activity room)                                       | (double classroom)                             | (double classroom)  | (activity room)                                      |
| 1:00 – 3:00<br>Session 4 – H.O.P.E.<br>(library)             |   | 2:50 International Ballroom<br>(activity room) | 1:00 Zumba – Vin<br>(activity room)                                   | 11:00 Strength - Anna<br>ZOOM                        |
| 29<br>9:15 Form & Function – Kelly<br>(activity room)        | 30<br>8:30 Strength - Kelly<br>(activity room)        |  |   |  |
| 10:15 Yoga – Kelly<br>(activity room)                        | 09:00 Spanish 1 – Nelida<br>(library/ ZOOM)           |  |   |  |
| 11:00 Art of Oil Painting – Zakia<br>(double classroom)      | 10:00 Spanish 2 - Nelida<br>(library/ ZOOM)           |  |   |  |
| 11:30 Strength - Ed<br>(activity room)                       | 11:30 Chair, Stretch & Tone – Lisa<br>(activity room) |  |   |  |
| 1:00 – 3:00<br>Session 5 – H.O.P.E.                          | 1:15 Strength - Mark<br>(activity room)               |  |   |  |
| (library)  | 2:00 Book Club  |  |   |  |