

APRIL 2024

(609) 799-9068

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