


# APRIL 2025

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	8:30 Strength - Kelly (activity room) <b>9:00-2:00 AARP Tax Service (double classroom)</b> 9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$ 9:30 Yoga- Kelly (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong (double classroom) 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Strength-Vin (activity room) 2:50 International Ballroom	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga- Ria (activity room) <b>10:00 Art of Watercolor - Margaret (double classroom) \$\$</b> 11:00 Cardio - Linda (activity room) <b>1:00 Investment Group (double classroom)</b> 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) <b>11:00 Strength - Anna ZOOM</b> <b>1:00 Heads up Seniors Lecture (activity room)</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) <b>11:00 Art of Oil Painting - (double classroom) \$\$</b> 11:30 Strength - Ed (activity room) <b>1:00 - 3:00 Session 2 - H.O.P.E. (library)</b> <b>1:30 Drawing with Calligraphy -Margaret (double classroom) \$\$</b>	8:30 Strength- Linda (activity room) <b>9:00-2:00 AARP Tax Service (double classroom)</b> 9:00 Spanish 1 - Nelida (library/ ZOOM) 9:30 Yoga-Ria (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone - Lisa (activity room) <b>1:00 Foot Care Presentation (activity room)</b>	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong (double classroom) <b>10:00 Balance - Anna ZOOM</b> 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Strength-Vin (activity room) 2:50 International Ballroom	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) <b>10:00 Art of Watercolor - Margaret (double classroom) \$\$</b> 11:00 Cardio -Linda (activity room) <b>1:00 Investment Group (double classroom)</b> 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) <b>11:00 Strength - Anna ZOOM</b> <b>1:00 Osteoporosis Lecture (activity room)</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) <b>11:00 Art of Oil Painting - Zakia (double classroom) \$\$</b> 11:30 Strength - Ed (activity room) <b>1:00 - 3:00 Session 3 - H.O.P.E. (library)</b> <b>1:30 Drawing with Calligraphy -Margaret (double classroom) \$\$</b>	8:30 Strength - Kelly (activity room) <b>9:00-2:00 AARP Tax Service (double classroom)</b> 09:00 Spanish 1- Nelida (library/ ZOOM) \$\$ 9:30 Yoga-Ria (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone - Lisa (activity room) <b>1:00 Operation Blue Angel Lecture (activity room)</b>	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong (double classroom) SHIP Counselor 9:30, 10:45, 12:00 <b>10:00 Balance - Anna ZOOM</b> <b>11:00 Blood Pressure Screening</b> 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Strength-Vin (activity room) 2:50 International Ballroom	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) <b>10:00 Art of Watercolor - Margaret (double classroom) \$\$</b> 11:00 Cardio - Linda (activity room) <b>1:00 Investment Group (double classroom)</b> 1:00 Zumba - Vin (activity room) \$\$	<b style="color: red; font-size: 1.2em;">SENIOR CENTER CLOSED</b>  
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) <b>11:00 Art of Oil Painting - Zakia (double classroom) \$\$</b> 11:30 Strength - Ed (activity room) <b>1:00 - 3:00 Session 4 - H.O.P.E. (library)</b> <b>1:30 Drawing with Calligraphy -Margaret (double classroom) \$\$</b>	8:30 Strength - Kelly (activity room) 09:00 Spanish 1 - Nelida (library/ZOOM) 9:30 Yoga-Ria (activity room) <b>10:00 NJ Save Presentation (double classroom)</b> 10:00 Spanish 2 - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone - Lisa (activity room) <b>1:00 Blood Pressure Lecture (activity room)</b>	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong (double classroom) <b>10:00 Balance - Anna ZOOM</b> 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Strength-Vin (activity room) 2:50 International Ballroom	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga-Ria (activity room) <b>10:00 Art of Watercolor - Margaret (double classroom) \$\$</b> 11:00 Cardio - Linda (activity room) <b>1:00 Investment Group (double classroom)</b> 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) <b>9:00 SNAP Tabletop Event (lobby)</b> 9:30 Chinese Hour - Sylvia (library) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) <b>1:00 Chinese Calligraphy Demonstration (activity room)</b>
<b>28</b>	<b>29</b>	<b>30</b>		
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) <b>11:00 Art of Oil Painting - Zakia (double classroom) \$\$</b> 11:30 Strength - Ed (activity room) <b>1:00 - 3:00 Session 5 - H.O.P.E. (library)</b> <b>1:30 Drawing with Calligraphy -Margaret (double classroom) \$\$</b>	8:30 Strength - Kelly (activity room) 09:00 Spanish 1 - Nelida (library/ ZOOM) \$\$ 9:30 Yoga-Ria (activity room) <b>10:00 Ageless Grace Program (double classroom)</b> 10:00 Spanish 2 - Nelida (library/ ZOOM)\$\$ 11:30 Chair, Stretch & Tone - Kelly (activity room) <b>1:00 Bingo</b> <b>2:00 Book Club (library)</b>	8:15 Walking (double classroom) 9:15 Form & Function -Kelly (activity room) 9:30 Qigong (double classroom) <b>10:00 Balance - Anna ZOOM</b> 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 1:00 Strength-Vin (activity room) 2:50 International Ballroom		