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April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Gentle Chair Yoga  11:00 – 12:00 Beginner Line Dancing  12:00 -1:00 Advanced Line Dancing  12:30 – 3:00 Terry’s Greatest</p> <p>Movies  1:00 – 2:30 Aging Well Group (R)  1:00 – 2:30 UKES Sing-Along  1:00 – 3:30 Drop In Digital Support  3:00 – 4:00 Digital Discussions  5:45 – 7:30 HAM Radio Group  6:30 – 9:00 Quilters Group</p>	<p><b>2</b></p> <p>8:30 – 4:30 Computer Lab  9:00 – 10:00 Meditation  9:00 – 2:00 Sea Mar Community  9:30 – 10:30 Get Moving!  9:30 – 10:30 ESL Class  10:00 – 11:00 Conversational German  10:30 – 12:00 Exploring Art Class  12:30 – 3:00 Cribbage  1:30 – 3:00 Chess Club  2:30 – 4:00 Hand Drumming  7:00 – 9:15 West Side Dance</p>	<p><b>3</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Balance &amp; Strength  10:00 – 12:00 Party Bridge  11:00 – 12:30 Writing Group  1:00 – 3:00 American Mahjong  1:30 – 4:30 Haircuts by Talia (R) (\$)   3:00 – 4:00 Rejuvenating Yoga</p>	<p><b>4</b></p> <p>9:00 – 10:30 Healing Touch  9:00 – 5:00 AARP Tax Service (R)  10:00 – 11:00 Spanish Class  11:00 – 12:30 Medicare with Patrice  12:00 – 2:00 Arts &amp; Craft Group  12:00 – 3:00 Pinochle  1:00 – 3:30 Drop In Digital Support  1:00 - 2:30 Current Events #1 (R)  1:00 - 2:30 Conversation &amp; Friendship Corner  2:30 – 3:30 Yoga for Strong Bodies, Strong Bones  2:30 – 4:00 Current Events #2 (R)  3:30 – 5:00 Legal Assistance (R)  7:00 – 10:00 Piano Bar</p>	<p><b>5</b></p> <p>8:30 – 5:00 Foot Care W/ Keith (R) (\$)   9:00 – 5:00 AARP Tax Service (R)  9:30 – 10:20 Digital Mini Course: Cell Phone 101 (R) (\$)   10:00 – 11:00 Balance &amp; Strength  11:00 – 11:50 Digital Mini Course: It Could Happen To You (R) (\$)   11:30 – 12:30 Hatha Yoga  12:30 – 1:30 Scrabble Club  1:00 – 2:00 Diabetic Support Grp (R)  6:00 – 10:00 Rainbow Bingo</p>
<p><b>8</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Gentle Chair Yoga  11:00 – 12:00 Beginner Line Dancing  12:00 -1:00 Advanced Line Dancing  12:30 – 3:00 Terry’s Greatest</p> <p>Movies  1:00 – 2:30 Aging Well Group (R)  1:00 – 2:30 UKES Sing-Along  3:00 – 4:00 Digital Discussions</p>	<p><b>9</b></p> <p>8:30 – 4:30 Computer Lab  9:00 – 10:00 Meditation  9:00 – 2:00 Sea Mar Community  9:30 – 10:30 Get Moving!  9:30 – 10:30 ESL Class  10:00 – 11:00 Conversational German  10:30 – 12:00 Exploring Art Class  11:00 – 12:00 Coffee w/ Vets  12:30 – 3:00 Cribbage  1:30 – 3:00 Chess Club  2:00 – 3:00 Low Vision Grp (R)  2:30 – 4:00 Hand Drumming</p>	<p><b>10</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Balance &amp; Strength  10:00 – 12:00 Party Bridge  11:00 – 12:30 Journaling for Mindfulness  1:00 – 2:00 Recycling/Composting 101  1:00 – 2:30 Sound Bath Healing  1:00 – 3:00 American Mahjong  1:30 – 2:30 Virtual Caregivers Support Group (R)  3:00 – 4:00 Rejuvenating Yoga</p>	<p><b>11</b></p> <p>9:00 – 10:30 Healing Touch  9:00 – 5:00 AARP Tax Service (R)  9:30 – 11:00 Tai Chi  10:00 – 11:00 Spanish Class  11:00 – 12:30 Fabric Design Art Class  12:00 – 2:00 Arts &amp; Craft Group  12:00 – 3:00 Pinochle  1:00 - 2:30 Empathy Hour  2:30 – 3:30 Yoga for Strong Bodies, Strong Bones</p>	<p><b>12</b></p> <p>9:00 – 5:00 AARP Tax Service (R)  9:30 – 10:20 Digital Mini Course: Cell Phone 101 (R) (\$)   10:00 – 11:00 Balance &amp; Strength  11:00 – 11:50 Digital Mini Course: It Could Happen To You (R) (\$)   11:30 – 12:30 Hatha Yoga  12:30 – 2:00 Scrabble Club  1:00 – 2:00 Book Club</p>
<p><b>15</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Gentle Chair Yoga  11:00 – 12:00 Beginner Line Dancing  12:00 - 1:00 Advanced Line Dancing  12:30 – 3:00 Terry’s Greatest</p> <p>Movies  1:00 – 2:30 Aging Well Group (R)  1:00 – 2:30 UKES Sing-Along  1:00 – 3:30 Drop In Digital Support  3:00 – 4:00 Digital Discussions  6:30 – 9:00 Quilters Group</p>	<p><b>16</b></p> <p>8:30 – 4:30 Computer Lab  9:00 – 10:00 Meditation  9:00 – 2:00 Sea Mar Community  9:30 – 10:30 Get Moving!  9:30 – 10:30 ESL Class  10:00 – 11:00 Conversational German  10:30 – 12:00 Exploring Art Class  12:30 – 3:00 Cribbage  1:30 – 3:00 Chess Club  2:00 – 3:00 Parkinson’s Support Gr (R)  2:30 – 4:00 Hand Drumming</p>	<p><b>17</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Balance &amp; Strength  10:00 – 12:00 Party Bridge  11:00 – 12:30 Writing Group  1:00 – 3:00 American Mahjong  3:00 – 4:00 Rejuvenating Yoga</p>	<p><b>18</b></p> <p>9:00 – 10:30 Healing Touch  9:30 – 11:00 Tai Chi  10:00 – 11:00 Spanish Class  12:00 – 2:00 Arts &amp; Craft Group  12:00 – 3:00 Pinochle  1:00 – 3:30 Drop In Digital Support  1:00 - 2:30 Current Events #1 (R)  1:00 - 2:30 Conversation &amp; Friendship Corner  2:30 – 3:30 Yoga for Strong Bodies, Strong Bones  2:30 – 4:00 Current Events #2 (R)  3:30 – 5:00 Legal Assistance (R)</p>	<p><b>19</b></p> <p>8:30 – 4:00 Foot Care w/ Carly (R) (\$)   10:00 – 11:00 Balance &amp; Strength  11:30 – 12:30 Hatha Yoga  12:30 – 2:00 Scrabble Club</p>
<p><b>22</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Gentle Chair Yoga  11:00 – 12:00 Beginner Line Dancing  12:00 - 1:00 Advanced Line Dancing  12:30 – 3:00 Terry’s Greatest</p> <p>Movies  1:00 – 2:30 Aging Well Group (R)  1:00 – 2:30 UKES Sing-Along  1:00 – 3:30 Drop In Digital Support  3:00 – 4:00 Digital Discussions</p>	<p><b>23</b></p> <p>8:30 – 4:30 Computer Lab  9:00 – 10:00 Meditation  9:00 – 2:00 Sea Mar Community  9:30 – 10:30 Get Moving!  9:30 – 10:30 ESL Class  10:00 – 11:00 Conversational German  10:30 – 12:00 Exploring Art Class  11:30 – 1:00 Birthday Lunch  12:30 – 3:00 Cribbage  1:30 – 3:00 Chess Club  2:30 – 4:00 Hand Drumming  2:30 – 4:00 Legal Assistance (R)</p>	<p><b>24</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Balance &amp; Strength  10:00 – 12:00 Party Bridge  11:00 – 12:30 Journaling for Mindfulness  1:00 – 3:00 American Mahjong  1:30 – 2:30 Virtual Caregivers Support Group (R)  3:00 – 4:00 Rejuvenating Yoga  3:00 – 4:30 Secrets to Affording Senior Living (R)</p>	<p><b>25</b></p> <p>9:00 – 10:30 Healing Touch  10:00 – 11:00 Spanish Class  12:00 – 2:00 Arts &amp; Craft Group  12:00 – 3:00 Pinochle  1:00 – 3:30 Drop In Digital Support  1:00 - 2:30 Empathy Hour  2:30 – 3:30 Yoga for Strong Bodies, Strong Bones</p>	<p><b>26</b></p> <p>8:30 – 5:00 Dental Clinic  9:00 – 5:00 AARP Tax Service (R)  10:00 – 11:00 Balance &amp; Strength  11:30 – 12:30 Hatha Yoga  12:30 – 2:00 Scrabble Club</p>
<p><b>29</b></p> <p>8:30 – 4:30 Computer Lab  10:00 – 11:00 Gentle Chair Yoga  11:00 – 12:00 Beginner Line Dancing  12:00 - 1:00 Advanced Line Dancing  12:30 – 3:00 Terry’s Greatest</p> <p>Movies  1:00 – 2:30 Aging Well Group (R)  1:00 – 2:30 UKES Sing-Along  1:00 – 3:30 Drop In Digital Support  3:00 – 4:00 Digital Discussions</p>	<p><b>30</b></p> <p>8:30 – 4:30 Computer Lab  9:00 – 10:00 Meditation  9:00 – 2:00 Sea Mar Community  9:30 – 10:30 Get Moving!  9:30 – 10:30 ESL Class  10:00 – 11:00 Conversational German  10:30 – 12:00 Exploring Art Class  11:30 – 1:00 Birthday Lunch  12:30 – 3:00 Cribbage  1:30 – 3:00 Chess Club  2:30 – 4:00 Hand Drumming  2:30 – 4:00 Legal Assistance (R)</p>			