



A non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

APRIL 2025

All activities are open to seniors 55 & up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	1 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 SRC String Jam 11:00	2 Balance & Bones 9:15 am Balance & Bones 11:00 am Quilting 12:30 pm	3 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	4 Walking Club 11:00 am	5
6	7 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	8 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30	9 Balance & Bones 9:15 am L & L - Noon	10 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	11 Walking Club 11:00 am	12 EREV PASSOVER
13 PASSOVER	14 PASSOVER NO 9:30 Chair Yoga Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	15 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 SRC String Jam 11:00	16 Balance & Bones 9:15 am Balance & Bones 11:00 am	17 Pilates 9:30 am Coffee Hour 10:45 pm Line Dancing 1:00 pm Stretch Bands 2:00 pm	18 Walking Club 11:00 am	19
20 EASTER SUNDAY	21 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	22 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30 L & L - 12 Noon	23 Balance & Bones 9:15 am Balance & Bones 11:00 am Quilting 12:30 pm	24 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	25 Walking Club 11:00 am	26
27	28 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	29 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30	30 NO 9:15 BALANCE & BONES Balance & Bones 11:00 am Wellness Day - 12:15 am	1 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	2 Walking Club 11:00 am	3