## APRIL 2025

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
	9:00-2:00 AARP Tax Service (double classroom)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga- Ria (activity room)	8:30 Strength - Lisa (activity room)
	9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$	9:30 Qigong (double classroom)	10:00 Art of Watercolor - Margaret (double classroom) \$\$	9:30 Chinese Hour - Sylvia (double classroom)
	9:30 Yoga- Kelly (activity room)	11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
	10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dancing (activity room)
	11:30 Chair, Stretch & Tone - Lisa (activity room)	1:00 Strength-Vin (activity room)	1:00 Zumba - Vin (activity room) \$\$	11:00 Strength - Anna ZOOM
,	8	2:50 International Ballroom	10	1:00 Heads up Seniors Lecture (activity room)
:15 Form & Function - celly (activity room)	8:30 Strength- Linda (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
0:15 Yoga - Kelly activity room)	9:00-2:00 AARP Tax Service (double classroom)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
1:00 Art of Oil Painting -	9:00 Spanish 1 - Nelida (library/ ZOOM)	9:30 Qigong (double classroom)	10:00 Art of Watercolor -	9:30 Chinese Hour - Sylvi
double classroom) \$\$ 1:30 Strength - Ed	9:30 Yoga-Ria (activity room)	10:00 Balance - Anna ZOOM	Margaret (double classroom) \$\$ 11:00 Cardio -Linda	(double classroom)  09:30 Tai Chi - Hsueh
activity room) :00 - 3:00	10:00 Spanish 2 - Nelida (library/ ZOOM)	11:00 Chair Yoga - Ed (activity room)	(activity room) 1:00 Investment Group	<pre>(activity room)  10:45 Bollywood Dancing</pre>
ession 2 - H.O.P.E. library)	11:30 Chair, Stretch & Tone - Lisa (activity room)	11:45 Duplicate Bridge (double classroom)	(double classroom)  1:00 Zumba – Vin	(activity room)  11:00 Strength - Anna ZOO
:30 Drawing with alligraphy -Margaret	1:00 Foot Care Presentation (activity room)	1:00 Strength-Vin (activity room)	(activity room) \$\$	1:00 Osteoporosis Lecture
double classroom) \$\$ 4	15	2:50 International Ballroom  16	17	(activity room) 18
:15 Form & Function - elly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	SENIOR
0:15 Yoga - Kelly activity room)	9:00-2:00 AARP Tax Service (double classroom)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	CENTER CLOSED
1:00 Art of Oil Painting – akia	09:00 Spanish 1- Nelida (library/ ZOOM) \$\$	9:30 Qigong (double classroom)	10:00 Art of Watercolor - Margaret (double classroom) \$\$	
double classroom) \$\$ 1:30 Strength - Ed	9:30 Yoga-Ria (activity room)	SHIP Counselor 9:30, 10:45, 12:00	11:00 Cardio - Linda (activity room)	+ + +
activity room)	10:00 Spanish 2 - Nelida (library/ ZOOM)	10:00 Balance - Anna ZOOM 11:00 Blood Pressure	1:00 Investment Group	GOOD FRIDAY
:00 - 3:00 ession 3 - H.O.P.E. library)	11:30 Chair, Stretch & Tone - Lisa (activity room)	Screening  11:00 Chair Yoga - Ed	(double classroom) 1:00 Zumba - Vin	
:30 Drawing with Calligraphy -Margaret	1:00 Operation Blue Angel Lecture (activity room)	(activity room) 11:45 Duplicate Bridge	(activity room) \$\$	
double classroom) \$\$		(double classroom) 1:00 Strength-Vin		
		(activity room) 2:50 International Ballroom		
2:15 Form & Function -	22 8:30 Strength - Kelly	23 8:15 Walking	24 8:30 Total Body Toning - Vin	25 8:15 Walking
elly (activity room)	(activity room)  09:00 Spanish 1 - Nelida	(double classroom)  9:15 Form & Function - Kelly	(activity room)	(double classroom)  8:30 Strength - Lisa
0:15 Yoga - Kelly activity room)	(library/ZOOM) 9:30 Yoga-Ria	(activity room) 9:30 Qigong	9:30 Yoga-Ria (activity room)	(activity room)  9:00 SNAP Tabletop Event
1:00 Art of Oil Painting - akia (double classroom) \$\$	(activity room)  10:00 NJ Save Presentation	(double classroom)  10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$	(lobby)  9:30 Chinese Hour - Sylvi
1:30 Strength - Ed activity room)	(double classroom)  10:00 Spanish 2 - Nelida	11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Linda (activity room)	(library)  09:30 Tai Chi - Hsueh
:00 - 3:00 ession 4 - H.O.P.E.	(library/ ZOOM)  11:30 Chair, Stretch & Tone -	11:45 Duplicate Bridge	1:00 Investment Group (double classroom)	(activity room)  10:45 Bollywood Dancing
library) .:30 Drawing with	Lisa (activity room)  1:00 Blood Pressure Lecture	(double classroom)  1:00 Strength-Vin (activity room)	1:00 Zumba - Vin (activity room) \$\$	(activity room)  1:00 Chinese Calligraphy
Calligraphy -Margaret double classroom) \$\$	(activity room)	2:50 International Ballroom		Demonstration (activity room)
:15 Form & Function -	8:30 Strength - Kelly	8:15 Walking		
elly (activity room)  0:15 Yoga - Kelly	(activity room)  09:00 Spanish 1 - Nelida	(double classroom) 9:15 Form & Function -Kelly		
activity room)  1:00 Art of Oil Painting -	(library/ ZOOM) \$\$  9:30 Yoga-Ria	(activity room) 9:30 Qigong		
akia double classroom) \$\$	(activity room)  10:00 Ageless Grace Program	(double classroom)  10:00 Balance - Anna ZOOM		
1:30 Strength - Ed activity room)	(double classroom)  10:00 Spanish 2 - Nelida	11:00 Chair Yoga - Ed (activity room)		
.:00 - 3:00 Session 5 -	(library/ ZOOM)\$\$  11:30 Chair, Stretch & Tone -	11:45 Duplicate Bridge (double classroom)		
.:30 Drawing with Calligraphy -Margaret double classroom) \$\$	Kelly (activity room)  1:00 Bingo	1:00 Strength-Vin		
,	2:00 Book Club	(activity room) 2:50 International Ballroom		
	(library)	[		l