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