


APRIL 2026 SENIOR CENTER PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
		4/1 9:30 <i>Beg Line Dance</i> 10:15 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 12:00 <i>Lunch Club 60</i> 1:00 <i>Get Fit & Stress Less</i>	4/2 9:00 <i>Zumba Gold</i> 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	4/3 Community Center Closed for Holiday
4/6 9:00 <i>Yoga</i> 9:30 <i>NIA</i> 10:15 <i>Arthritis Exercise</i> 12:00 <i>Lunch Club 60</i> 12:45 <i>Online Balance Class</i>	4/7 9:00 <i>Zumba Gold</i> 10:30 <i>Balance</i> 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	4/8 9:30 <i>Beg Line Dance</i> 10:15 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 12:00 <i>Lunch Club 60</i> 1:00 <i>Get Fit & Stress Less</i>	4/9 9:00 <i>Zumba Gold</i> 9:00 **AARP Driver's Safety 10:00 <i>Guided Stretch</i> 10:00 **Trip – Boscov's Shopping 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	4/10 9:00 <i>Yoga</i> 9:30 <i>HIIT Class</i> 9:30 <i>Craft Club</i> 10:30 <i>Crafting with Panther Pals</i> 12:00 <i>Lunch Club 60</i> 2:00 <i>Square Dancing</i>
4/13 9:30 <i>NIA</i> 10:15 <i>Arthritis Exercise</i> 12:00 <i>Lunch Club 60</i> 12:45 <i>Online Balance Class</i>	4/14 9:00 <i>Zumba Gold</i> 10:30 <i>Balance</i> 11:00 **Eldersource Care Manager 12:00 **Earth Day Lunch 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	4/15 9:30 <i>Beg Line Dance</i> 10:15 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 12:00 <i>Lunch Club 60</i> 1:00 <i>Get Fit & Stress Less</i>	4/16 9:00 <i>Zumba Gold</i> 9:00 **AARP Driver's Safety 10:00 <i>Guided Stretch</i> 10:30 **Movie - Thelma 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	4/17 9:00 <i>Yoga</i> 9:30 <i>HIIT Class</i> 12:00 <i>Lunch Club 60</i> 2:00 <i>Square Dancing</i>
4/20 9:00 <i>Yoga</i> 9:30 <i>NIA</i> 10:15 <i>Arthritis Exercise</i> 12:00 <i>Lunch Club 60</i> 12:45 <i>Online Balance Class</i>	4/21 9:00 <i>Zumba Gold</i> 10:30 <i>Balance</i> 1:00 **Alzheimer's Workshop 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	4/22 9:30 <i>Beg Line Dance</i> 10:15 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 12:00 <i>Lunch Club 60</i> 1:00 <i>Get Fit & Stress Less</i>	4/23 9:00 <i>Zumba Gold</i> 10:00 <i>Guided Stretch</i> 11:15 **Trip – Mamma G's Restaurant 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	4/24 9:00 <i>Yoga</i> 9:30 <i>HIIT Class</i> 12:00 <i>Lunch Club 60</i> 2:00 <i>Square Dancing</i>
4/27 9:00 <i>Yoga</i> 10:15 <i>Arthritis Exercise</i> 12:00 <i>Lunch Club 60</i>	4/28 9:00 <i>Zumba Gold</i> 10:30 <i>Balance</i> 12:00 **Time to Bloom Luncheon 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	4/29 9:30 <i>Beg Line Dance</i> 10:15 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 12:00 <i>Lunch Club 60</i> 1:00 <i>Get Fit & Stress Less</i>	4/30 9:00 <i>Zumba Gold</i> 10:00 <i>Guided Stretch</i> 11:30 <i>Intergenerational Club Pizza Party</i> 1:00 <i>Tai Chi (Adv)</i> 2:00 <i>Tai Chi (Beg)</i>	