

CENTER ACTIVITIES FOR APRIL 2024



BINGO: Every Friday night, 5:00pm - 7:00 pm

PANCAKE BREAKFAST: Sunday, April 14th
8:00am to 11:00am in center dining room.

FOOD BANK: Thursday, April 11th & 25th
9:30 am to 11:30 am. in the Lofflin Field parking lot.



Monday

Strength Exercise Class
Dancing For All

Dining Room 9-10am
Dining Room 10-11am

Tuesday

Stretch Exercise Class
Computer Lab

Dining Room 9-10am.
Lab open 1-3pm.

Wednesday

Core Exercise Class
Life Changes Group
Ukulele Group

Dining Room 9-10am.
Conference Room 10:00-11:45am
Conference Room 1-2pm

Thursday

Balance & Posture Exercise Class
Physical Challenges & Parkinson's Group

Dining Room 9-10am.
Thursday Conference Room 10:30-11:30
Contact Linda Posner at 459-1941

FRIDAY

Strength Exercise Class
Bingo

Dining Room 9-10am.
Dining Room 5 - 7pm