



<i>Every Monday</i>	<i>Every Tuesday</i>	<i>Every Wednesday</i>	<i>Every Thursday</i>	<i>Every Friday</i>
9:00 Aerobics with Terri 10:00 Let's Play Cards in the main hall 10:05 Yoga with Amy 11:00 American Sign Language 11:05 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey 1:30 Line Dancing with Kathy	9:00 Aerobics with Terri 10:00 Tap with Terri 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga Class with Mary Lou 12:45 Tai Chi Work Out w/Spencer G.	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi 10:15 Strength Training with Judi 10:15 *Dance-A-Chair with Carol (*Funded by NCOFA) 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics with Terri 10:00 Ballet w/Terri 10:00 Mah Jongg
1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
10:30 Activity Hour with Jennifer 11:00 Friendly Visiting Meeting with Mary 11:30 Piano Music by Shirley	10:00 Watercolor Group in conference room 1:00 Super Bingo	11:30 Social Service Update with Beth 12:15 Bus takes members to Stop & Shop	11:30 Chair Yoga w/Mary Lou 1:30 Activities Meeting	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Table Bingo
8	9	10	11	12
10:30 Activity Hour with Jennifer 1:30 Friendly Visit to Day Break 5:00 Caregiver's Discussion Group w/Ruth 5:45 Defensive Driving Course until 8:45pm	10:00 Watercolor Group in conference room 11:15 Elder Abuse Prevention with Donna 1:00 Tuesday Bingo 5:45 Defensive Driving Course until 8:45pm	10:00 Spring Plants for Homebound Seniors (Help deliver Spring plants to seniors) 10:30 Women of the Ages 12:15 Bus takes members to Stop & Shop 12:30 Piano Music by Shirley 1:00 Daytime Caregivers Support Group	10:00 S.A.C. Meeting 10:30 Baking Demo w/Mary -Italian Cheese Pie 11:00 Grumpy Old Men 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad 1:00 Craft Group with Sue	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 12:30 Visit with NSAL - Sharon & Puppy 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo
15	16	17	18	19
10:30 Activity Hour with Jennifer 1:00 New Rheumatoid Arthritis Support Group	10:00 Watercolor Group in conference room 11:15 Beware of Senior Scams with Chuck Lavine and Speaker from the Attorney General's Office 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken until 9pm	10:30 Help Color Easter Eggs with Mary 11:00 Brunch will be served-No Lunch today 12:15 Bus takes members to Stop & Shop 1:00 Help set up main hall for Easter & Passover Celebration	11:15 Easter & Passover Celebration Tradition of Easter & Passover with Lunch & Piano Music by Joan with sing along 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad 1:00 Jewelry Making with Lee Ann - (suggested donation for materials)	10:30 Brain Games 10:30 Senior Chat with Judy Sorry - No Piano Music today and No Table Bingo today
22	23	24	25	26
10:30 Activity Hour with Jennifer 11:30 Meet Fiona —A.K.C. Canine Good Citizen's Award recipient 1:00 Friendly Visit to Christian Fellowship 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 11:15 Musart Music with Qi & Students 1:00 Tuesday Bingo	10:30 Women of the Ages 12:45 Bus takes members to Stop & Shop 1:00 Help set up main hall for Volunteer Recognition Day	11:00 Grumpy Old Men 11:15 Smart Snacking w/Robyn from *Cornell Cooperative 11:45 Volunteer Recognition Celebration w/Lunch & Piano Music by John Clancy 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo
29	30			
10:00 Hospitality Meeting 10:30 Activity Hour with Jennifer	10:00 Watercolor Group in conference room 1:00 Tuesday Bingo	<u>Committee Meeting Schedule</u> 4-01 Friendly Visitor Meeting at 11:00am 4-04 Activities Meeting at 1:30pm 4-11 S.A.C. Meeting at 10:00am 4-29 Hospitality Meeting at 10:00am	<u>Caregiver's Support Group</u> with Ruth from 5:00pm-6:30pm on Monday 4-08-19 & 4-22-19 <u>Daytime Caregivers Support Group</u> with Dawn from 1:00pm-2:00pm on Wednesday 4-10-19	LECOB Food Pantry is available every Wed. & Fri. from 11am until 3pm Providing nonperishable food to seniors in need. Please contact our social worker Beth at 922-1770 ext. 305 for more information regarding our pantry