

APRIL 2026



Monday

Tuesday

Wednesday

Thursday

Friday

MUST BE 60 YEARS OR OLDER TO JOIN



10am- MET Box Creative Arts 6
11am - Crochet Class
12pm - Midday Lunch Mingle
1pm- Presentation: U Home (Home Care)
2pm - Line Dance

10am - Creative Arts 7
11am - Zumba Chair Exercise
12pm - Midday Lunch Mingle
Technology Class (Easy Pay SMBP*
1pm - Setup)
2pm - Recreational Games

10am - Creative Arts DF 1
11am - Pool Lessons
12pm - Midday Lunch Mingle
1pm - Behind Her Eyes (Mini Series)
2pm -Line Dance

10am - Crochet Class 2
11am - Chair Exercise Virtual
12pm - Midday Lunch Mingle
1pm - Health Education
2pm - Fueled By Engagement: 'I Ask , You Answer "

10am - Technology Class (Amazon) 3
11am - Creative Art RN*
12pm - Midday Lunch Mingle
1pm - Ease & Stretch
2pm -Recreational Games

10am - Crochet Class 13
11am - Line Dance
12pm - Midday Lunch Mingle
1pm - Presentation: Oak Street Health
2pm - Chair Exercise Virtual

10am - Pool Lessons 14
11am - Health Promotion SMBP*
12pm - Midday Lunch Mingle
1pm- Mental Exercise/ Trivia Games
2pm - Meditation / Breathing

10am - Creative Art 15
11am - Pool lesson
12pm - Midday Lunch Mingle
Bowling Trip 1pm

10am - Crochet Class 16
11am - Technology Class SMBP*
12pm - Midday Lunch Mingle
1pm - BINGO
2pm - Line Dance

10am - Creative Arts 17
11am - Zumba Chair Exercise RN*
12pm - Midday Lunch Mingle
1pm- Health Education
2pm - Social Friday (Mother's Day Selection)

10am - Creative Arts 20
11am - Chair Exercise
12pm - Midday Lunch Mingle
1pm - Nutrition Class
2pm - Make Your Own Salad

10am - Health Education 21
11am - Crochet Class DF SMBP*
12pm - Midday Lunch Mingle
Cricut Workshop 1pm-3pm

EARTH DAY PLANTING EVENT 22
10am-12pm
12pm - Midday Lunch Mingle
Behind Her Eyes (Mini Series)
1pm-3pm

10am - Health Promotion 23
11am - Line Dance SMBP*
12pm - Midday Lunch Mingle
1pm- Presentation: ADAPT Community Network
2pm-Pool Lessons

10am - Ease & Stretch 24
11am - Pool Lessons RN*
12pm - Midday Lunch Mingle
1pm - NORC Member Meeting /April Birthday Celebrations
2pm - Recreational Games

10am - Crochet Class 27
11am - Chair Exercise
12pm - Midday Lunch Mingle
Movies Trip (Michael)
12pm-4pm

10am - Creative Arts 28
11am - Line Dance SMBP*
12pm - Midday Lunch Mingle
1pm - Smoothie Day
2pm - Pool Lessons

Denim Day 29
10am - Creative Arts DF
11am - Pool lessons
12pm - Midday Lunch Mingle
Behind Her Eyes (Mini Series)
1pm-3pm

10am - Line Dance 30
11am - Health Promotion
12pm - Midday Lunch Mingle
Battle of the Yolk
1pm -3pm

Virtual Classes Click the link below
~ Chair Exercise 4/2
<https://us04web.zoom.us/j/73827650226?pwd=zXaMduHINOzhgPBmJ0YzSYlDcfa8k1>
~Chair Exercise 4/13
<https://us04web.zoom.us/j/75672726333?pwd=dF0bQagAIEHlDlyZxaoLjGCaac5wOD1>

REMINDERS

RN ON SITE EACH FRIDAY
SMBP- SELF MONITOR BLOOD PRESSURE STATION
TUESDAY'S & THURSDAY'S

~Mini Series "Behind her Eyes" Each WEDNESDAY (No show the 15th) ~Presentation : Oak Street Health 4/13 ~Presentation : ADAPT Community Network 4/23
~Presentation : U Home (Home Care) 4/6 ~Bowling Trip 4/15 (Bus Depart 12pm) ~Mother's Day Selection 4/17

FUNDING PARTNERS
• NYC AGING
• NYC DEPARTMENT OF YOUTH AND COMMUNITY DEVELOPMENT
• NYS OFFICE OF VICTIM SERVICES
• NYS DEPRATMENT OF THE AGING