

April 2026 | Events

Monday - Friday • 8:30 am-4 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 9:00 Wire Wrapping Class (E) 9:00 & 10:00 Balance & Mobility (E) 10:00 Tech Help (by appt.) 10:00 Pep4u Parkinsons Coffee Chat 11:30 Lunch (RR) 12:30 Caregiver Support Group 1:00 Intermediate Knitting (E) 1:00 Tai Chi (E) 2:00 Grief Share	2 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness (RR) 2:00 Dance for Wellness (RR)	3 10:00 TOPS 11:30 Lunch (Amie on Piano) (RR) 12:30 Cribbage 12:45 Movie (<i>Little Women</i>) 1:00 Games 1:00 Intermediate Oil/Acrylic Painting (E)
6 9:00 & 10:00 Balance & Mobility (E) 9:00 HICCAP (by appt.) 10:00 CA DL Renewal Prep (RR) 10:00 Humana One-on-One Medicare 10:00 Pep4u Tremble Clef Practice 11:30 Lunch (RR) 1:00 Game Time 1:00 Dance for Wellness (RR) 2:30 Tai Chi	7 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 11:30 Lunch (RR) 12:00 Knit and Crochet Club 12:30 Poker 1:00 Bingo	8 9:00 Wire Wrapping Class (E) 9:00 & 10:00 Balance & Mobility (E) 10:00 Tech Help (by appt.) 11:30 Lunch (RR) 12:30 Caregiver Support Group 1:00 Intermediate Knitting (E) 1:00 Tai Chi (E) 2:00 Grief Share	9 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 10:00 Pep4u Yoga for Parkinsons 10:00 Humana (Lobby) 11:00 Chair Yoga (\$2) 11:30 Lunch (Silver Singers) (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness (RR) 2:00 Dance for Wellness (RR)	10 10:00 TOPS 11:30 Spring Lunch (Arnie on Piano) (RR) 12:30 Cribbage 12:45 Movie (<i>Selena</i>) 1:00 Games 1:00 Intermediate Oil/Acrylic Painting (E) 1:30 Crafting with Optum
13 9:00 & 10:00 Balance & Mobility (E) 9:00 HICCAP (by appt.) 10:00 CA DL Renewal Prep (RR) 10:00 Carmen Medicare (Lobby) 10:00 Pep4u Tremble Clef Practice 11:30 Lunch (Sunshine Band) (RR) 1:00 Game Time 1:00 Dance for Wellness (RR) 2:30 Tai Chi	14 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 11:30 Lunch (RR) 12:00 Knit and Crochet Club 12:30 Poker 1:00 Bingo	15 9:00 Wire Wrapping Class (E) 9:00 & 10:00 Balance & Mobility (E) 10:00 Tech Help (by appt.) 10:00 Pep4u Parkinsons Coffee Chat 10:00 Financial Consulting (by appt.) 11:30 Lunch (Harmonaires) (RR) 12:30 Caregiver Support Group 1:00 Intermediate Knitting (E) 1:00 Tai Chi (E) 1:30 Crafting with Carmen 2:00 Grief Share	16 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness (RR) 2:00 Dance for Wellness (RR)	17 10:00 TOPS 11:30 Lunch (Amie on Piano) (RR) 12:30 Cribbage 12:45 Movie (<i>Like Father</i>) 1:00 Games 1:00 Intermediate Oil/Acrylic Painting (E)
20 9:00 & 10:00 Balance & Mobility (E) 9:00 HICCAP (by appt.) 10:00 CA DL Renewal Prep (RR) 10:00 Pep4u Tremble Clef Practice 11:30 Lunch (Tremble Clefs) (RR) 1:00 Game Time 1:00 Dance for Wellness (RR) 2:30 Tai Chi	21 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 11:30 Lunch (Tony Rogers) (RR) 12:00 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1:00 MemorialCare Social Worker (RR) 1:30 Crafting with Optum	22 9:00 Wire Wrapping Class (E) 9:00 & 10:00 Balance & Mobility (E) 11:30 Lunch (RR) 12:30 Caregiver Support Group 1:00 Intermediate Knitting (E) 1:00 Tai Chi (E) 2:00 Grief Share	23 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch (Street Performers) (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness (RR) 2:00 Dance for Wellness (RR)	24 10:00 TOPS 11:30 Lunch (Amie on Piano) (RR) 12:30 - Cribbage 12:45 Movie (<i>The Pale Blue Eye</i>) 1:00 Games 1:00 Intermediate Oil/Acrylic Painting (E)
27 9:00 & 10:00 Balance & Mobility (E) 9:00 HICCAP (by appt.) 10:00 CA DL Renewal Prep (RR) 10:00 Pep4u Tremble Clef Practice 11:30 Lunch (RR) 1:00 Game Time 1:00 Dance for Wellness (RR) 2:30 Tai Chi	28 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 11:30 Lunch (Silver Singers) (RR) 12:00 Knit and Crochet Club 12:30 Poker 1:00 Bingo	29 9:00 Wire Wrapping Class (E) 9:00 & 10:00 Balance & Mobility (E) 11:30 Lunch (RR) 12:30 Caregiver Support Group 12:30 Art4Healing 1:00 Intermediate Knitting (E) 1:00 Tai Chi (E) 2:00 Grief Share	30 9:00 Balance & Mobility (E) 10:00 Beg. Chair Exercise (E) 10:00 Pep4u Yoga for Parkinsons 10:00 Bill Lu Medication Consults (by appt.) 11:00 Chair Yoga (\$2) 11:30 Lunch (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness (RR) 2:00 Dance for Wellness (RR)	1