

SENIOR ADULT

APRIL 11-23 EXERCISE & PROGRAMS

SUN

11

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

2 PM
Annual
Gathering of
Remembrance

**MOVIE
NIGHT**
Hiding Halina:
The Holocaust
Through
Innocent Eyes

MON

12

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

6:30 PM
**MUSIC
BREAK**
Letters from
Home

ALL DAY
The
Destruction
of Pharaoh's
Host

TUES

13

10 AM
Chair Exercise
w/Hava

11 AM
Junk Free
Beauty

11:30 AM
Hand Yoga

4 PM
Afternoon
Stretch

WED

14

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Foods That
Help with Acid
Reflux
(Heartburn)

THUR

15

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Survival of the
Friendliest

FRI

16

10 AM
Light Cardio
and Pilates
with Mandi

11:30 AM
Hand Yoga

12:30 PM
Tai Chi

SENIOR ADULT LOUNGE IS NOW OPEN! MON & WED, 12:30-4 PM

Bring your cards, games, Mahjong tiles, and friends. Open to Senior Adult members.

Masks are required at all times and social distant guidelines will be adhered to.

18

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
The Imitation
Game

19

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

ALL DAY
Virtual Tour
of James A.
Garfield
National
Historic Site

20

10 AM
Chair Exercise
w/Hava

11:30 AM
Hand Yoga

11:30 AM
Drum
Exercise

12:30 PM
Sing Along

4 PM
Afternoon
Stretch

21

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

ALL DAY
4 Centuries of
Change in a
Historic
House

**MUSIC
BREAK**
The Benefits of
Listening to Jazz

22

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
The MET:
Alice Neel

23

10 AM
Light Cardio
and Pilates
with Mandi

11:30 AM
Hand Yoga

12:30 PM
Tai Chi