

# SENIOR ADULT

## APRIL 18-30 EXERCISE & PROGRAMS

SUN

18

**10 AM**  
Low Impact  
Aerobics

**11 AM**  
Chair Yoga  
with Diana

**MOVIE  
NIGHT**  
The Imitation  
Game

MON

19

**10 AM**  
Light Cardio  
& Pilates  
w/Mandi

**1:30 PM**  
Movement  
Speaks

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

TUES

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

WED

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

THUR

22

**9:30 AM**  
Chair Exercise  
w/Hava

**11 AM**  
Gentle Floor  
Yoga w/Diana

**ALL DAY**  
The MET:  
Alice Neel

FRI

23

**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.*

25

**10 AM**  
Low Impact  
Aerobics

**11 AM**  
Chair Yoga  
with Diana

**MOVIE  
NIGHT**  
Still Mine

26

**10 AM**  
Light Cardio  
& Pilates  
w/Mandi

**1:30 PM**  
Movement  
Speaks

**6:30 PM  
MUSIC  
BREAK**  
Plucked &  
Bowed:  
Orchestra of  
St. Luke's

27

**10 AM**  
Chair Exercise  
w/Hava

**11:30 AM**  
Hand Yoga

**12:30 PM**  
The Older  
Wiser Driver

**4 PM**  
Afternoon  
Stretch

28

**9:30 AM**  
Walking Club

**11 AM**  
Low Impact  
Aerobics

**ALL DAY**  
Online Tour:  
Swedish  
Women  
Artists

29

**9:30 AM**  
Chair Exercise  
w/Hava

**11 AM**  
Gentle Floor  
Yoga w/Diana

**7:30 PM**  
Poetry & the  
Creative Mind

30

**10 AM**  
Light Cardio  
and Pilates  
with Mandi

**11:30 AM**  
Hand Yoga

**12:30 PM**  
Tai Chi