

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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April Calendar 240-314-8800

9-9:45 Total Conditioning* 2	10-12p Flip Phone Basic* 3	10-12p Using Thumb Drives* 4	10-12p PC New Users* 5	10-12p Wii Bowling* 6
12-1p Alzheimer Support*	1-2:30 Spring Cleaning*	1-3p Laptops-Windows 7*	10:30-11:30 Road Scholar Program*	11:15-12 Chi Gong*
1-2p Stress & Reduction*	1-3p PC Voice Commands*	1:30-3 Birthdays party*	1-2:30 Women Living Alone* Social Media & Apps*	SATURDAY 7 Open for Drop-In Use
1-3p Laptops-Windows 7*	2:15-3 Hot Zumba Moves*	3:30-4:30 Afternoon Yoga Flow*	1-3p Right Click-Left Click* Volunteer Phone & Tablet Assistance	
	5-7p Supper Club*	11:30-1:30p Volunteer Phone & Tablet Assistance		
9-9:45 Total Conditioning* 9	9-9:45 Strength Training* 10	8:45-9:30 Yoga-lates on the ball* 11	9-9:45 Strength Training* 12	FRIDAY 13
10-12p Computer Troubleshooting* English 1* English 4*	10-10:50 Forever Fit* Tai Chi*	9:50-10:50 Yoga for You* Computer	10-10:50 Forever Fit* Tai Chi*	9-9:45 Total Conditioning*
10:15-11:15 In Cold Blood*	10-12p Tablet Pics to PC* English 2* English 3*	10-12p Troubleshooting* English 1* English 4*	10-12p PC Infections* English 2* English 3*	10-10:45 Belly Dance Basic*
10:30-1 Diabetes Self Management* Chair Exercise*	10:30-11:20 Piano Beg* Piano Adv.*	10:30-12 Police Academy* Chair Exercise*	11-11:45 Pilates Basics* Aerobic Workout*	10-12p Wii Bowling*
11-12p Caribborean Dance Basic*	11-12p Aerobic Workout*	11-12p Caribborean Dance*	11-12p Walking Strong*	11:15-12 Easy Feet* Chi Gong*
11:15-12 Triple Zen*	12:15-12:45 Walking Strong*	12:10-12:50 A Matter of Balance*	12:15-12:45 Arthritis Foundation*	12:15-1 On your Feet*
12:10-12:50 Forever Fit*	1-2p Arthritis Foundation*	12:30-1:20 Ukulele Beg* Ukulele Int*	1-2p Relationship With Adult Children*	1-3p Movie: Darkest Hour Arthritis Workout*
12:45-2:45 Piecemaker's Club* 1-3p Laptops Windows 8* 1:30-3 Senior Fit 5-6p Zumba Gold*	1-2:30 English Conversation* Change:Accept or Resist* Senior Nutrition*	1:30-2:20 Laptops Windows 8* 1:15-2 On Your Feet* 1:30-3 Senior Fit	1-2:30 Email Basics* Movie: Darkest Hour Watercolor Int* Volunteer Phone & Tablet Assistance	SATURDAY 14
6:30-7:30 Yoga Flow*	1-3p Watercolor Int.* 3-4p Carnation Players*	2:15-3:15 Aerobic Workout* 5-6p Triple Challenge*	2:15-3 Pilates Int.*	
	3:30-4:30 Afternoon Yoga Flow* 5-5:45 Sr. Abs and Back* 6:30-7:30 Soul Line Dance* Shear Madness Trip* 11:30-1:30 Volunteer Phone & Tablet Assistance		3:30-4:30 Afternoon Yoga Flow* 6:30-7:30 Soul Line Dance*	
9-9:45 Total Conditioning* 16	9-9:45 Strength Training* 17	8:45-9:30 Yoga-lates on the ball* 18	9-9:45 Strength Training* 19	FRIDAY 20
10-10:50 Easy Zumba*	10-10:50 Forever Fit* Tai Chi*	9:30-2:30 AAA Car Fit* 9:50-10:50 Yoga for You*	10-10:50 Macbrook Basic* English 2* English 3*	9-9:45 Total Conditioning*
10-12p English 1* English 4*	10-12p English 2* English 3*	10-10:50 Easy Zumba* Avoiding Phone Scams*	10-11:30 Watercolor Adv.* Voice Tech*	10-10:45 Belly Dance Basic*
10:30-11:30 Common Sense Orchids* Diabetes Self Management* Chair Exercise*	10:30-11:30 Etched in Stone* 10:30-11:20 Piano Beg*	10-12p English 1* English 4*	10-11:45 Pilates Basics* 11-12p Aerobic Workout*	10-11a Yoga for You*
11-12p Caribborean Dance Basic*	11:30-12:20 Piano Adv.* Aerobic Workout*	10:30-12 Police Academy* Chair Exercise* Caribborean Dance*	11-12p YIH Mtg.* Drug Take Back in Lobby	10:30-12:30 Painting On Glass*
11:15-12 Triple Zen*	11-12p Aerobic Workout*	11-12p Caribborean Dance*	11-1p YIH Mtg.* Drug Take Back in Lobby	11:15-12 Easy Feet* Chi Gong*
12-1p Alzheimer Support*	12:15-12:45 Walking Strong*	12:10-12:50 A Matter of Balance*	12:15-12:45 Walking Strong*	12:15-1 On your Feet*
12:10-12:50 Forever Fit*	1p RSI Mtg.	12:30-1:20 Ukulele Beg* Ukulele Int*	1p Sr. Commission Mtg	1-2:30 Fashion Show* Movie: Greatest
12:30-2 Citizenship*	1-2p Arthritis Foundation*	1:30-2:20 Ukulele Int* Citizenship*	1-2p Arthritis Foundation*	1-3p Showman
12:45-2:45 Piecemaker's Club* 1-1:45 Yo-Chi & Balance* 1-2p Stress & Reduction*	1-2:30 Transportation 101* English Conversation*	1:15-2 On Your Feet* 1-2:30 Mah Jongg-Beg*	1-2:30 Arthritis Foundation*	1:05-2:05 Arthritis Workout*
1-2:30 Jazz with Jesse*	1-3p Bridge Beg. II* Watercolor Int.*	1-3p Windows 10 Laptop* Senior Fit	1-3p Women Living Alone* Fun with Pictures* Movie: Greatest	SATURDAY 21
1-3p Windows 10 Laptop*	2:15-3 Hot Zumba Moves*	1:30-3 Senior Fit	Showman	
1:30-3 Senior Fit	3-4p Carnation Players*	2:15-3:15 Aerobic Workout* 5-6p Triple Challenge*	Watercolor Adv.*	
5-6p Zumba Gold*	3:30-4:30 Afternoon Yoga Flow* 5-5:45 Sr. Abs and Back* 6:30-7:30 Soul Line Dance*		2:15-3 Pilates Int.* 3:30-4:30 Afternoon Yoga Flow* 6-8p Spaghetti & Bingo* 6:30-7:30 Soul Line Dance*	10-11a Functional Training* 11:15-12 Stretch with Ease*
6:30-7:30 Yoga Flow*				
9-9:45 Total Conditioning* 23	9-9:45 Strength Training* 24	8:45-9:30 Yoga-lates on the ball* 25	9-9:45 Strength Training* 26	FRIDAY 27
10-10:50 Easy Zumba*	10-10:50 Forever Fit* Tai Chi*	9:50-10:50 Yoga for You* Easy Zumba*	10-10:50 Forever Fit* Tai Chi*	9-9:45 Total Conditioning*
10-12p English 1* English 4*	10-12p English 2* English 3*	10-10:50 Easy Zumba* Avoiding Phone Scams*	10-11a Book Club* English 2* English 3*	10-10:45 Belly Dance Basic*
10:15-11:15 The Supreme Court*	10-12p English 3* Watercolor Beg* Windows PC Backup*	10-12p English 1* English 4*	10-12p Watercolor Adv.* Pilates Basics*	10-11a Yoga for You*
10:30-1 Diabetes Self Management* Chair Exercise*	10:30-11:20 Piano Beg* Aerobic Workout*	10:30-12 Police Academy* Chair Exercise* Caribborean Dance*	11-11:45 Pilates Basics* 11-12p Aerobic Workout*	10-12p Wii Play*
11-12p Caribborean Dance Basic*	11:30-12:20 Piano Adv.* Aerobic Workout*	11-12p Caribborean Dance*	11-12p Walking Strong*	11:15-12 Easy Feet* Chi Gong*
11:15-12 Triple Zen*	11:30-12:20 Piano Adv.* Aerobic Workout*	12-2p Red Hat Mtg.*	12:15-12:45 Walking Strong*	12:15-1 On your Feet*
12:10-12:50 Forever Fit*	12:15-12:45 Walking Strong*	12:10-12:50 A Matter of Balance*	12:15-12:45 Healthy Living For Your	1-2p Table Tennis*
12:30-2 Citizenship*	1-2p Arthritis Foundation*	12:30-1:20 Ukulele Beg* Citizenship*	1-2p Brain and Body* Arthritis Foundation*	1:05-2:05 Arthritis Workout*
12:45-2:45 Piecemaker's Club* 1-1:45 Yo-Chi & Balance* 1-2p Stress & Reduction*	1-2:30 Change:accept or Resist* English Conversation*	1:30-2:20 Ukulele Int* Table Tennis Int.*	1-2:30 Relationship With Adult Children*	SATURDAY 28
1-2p Table Tennis Beg.*	1-3p Save and Find Documents* Watercolor Int.*	1-2:30 Mah Jongg-Beg* 1-3p Andriod Basic-Phones*	1-3p Watercolor Adv.* File Management*	
1-3p Andriod Basic-Phones*	2:15-3 Hot Zumba Moves* 3-4p Carnation Players*	1:15-2 On Your Feet* 1:30-3 Senior Fit	2:15-3 Pilates Int.* 3:30-4:30 Afternoon Yoga Flow* 6:30-7:30 Soul Line Dance*	
1:30-3 Senior Fit	3-4p Carnation Players*	2:15-3:15 Aerobic Workout* 5-6p Triple Challenge*		10-11a Functional Training* 11:15-12 Stretch with Ease*
3-4:15 ROGue Tennis*	3:30-4:30 Afternoon Yoga Flow* 5-5:45 Sr. Abs and Back* 5:30-7 Wine and Cheese* 6:30-7:30 Soul Line Dance*			
5-6p Zumba Gold*				
6:30-7:30 Yoga Flow*				
Cezanne's Portraits at NGA*				
9-9:45 Total Conditioning* 29	9-9:45 Strength Training* 30	On-Giong Programs:		
10-10:50 Easy Zumba*	10-10:50 Forever Fit* Tai Chi*	MONDAYS:		SATURDAY:
10-12p English 1* English 4*	10-12p English 2* English 3*	• Game Room Activities: 8:30-7p		• Game Room Activities: 8:30-5p • Bocce Ball 10-11a
10:30-1 Diabetes Self Management* Chair Exercise*	10:30-11:20 Piano Beg* What a Gem II*	• Tax Help Feb. 5- April 12		• Bocce Ball 10-11a
11-12a Caribborean Dance Basic* Chair Exercise*	11-12p Aerobic Workout*	TUESDAYS:		MONDAY-FRIDAY:
11:15-12 Triple Zen*	11:30-12:20 Piano Adv.*	• Helping Hands Knitting: 1-3p		• Fitness Club: M-Th: 7a-8p & Fri. 7a-7p
12:10-12:50 Forever Fit*	12:15-12:45 Walking Strong*	• Pinochle Pursuit: 1-3:30p		• *Hispanic Activities:10-12
12:30-2 Citizenship*	1-2p Arthritis Foundation*	• Game Room Activities: 8:30-5p		• Blood Pressure:10-12
12:45-2:45 Piecemaker's Club* 1-1:45 Yo-Chi & Balance* 1-2p Stress & Reduction*	1-3p Bridge Beg. II* Hot Zumba Moves*	• Bocce Ball 10-11a		• *Lunch Served Daily: Noon
1-2p Table Tennis Beg.*	2:15-3 Hot Zumba Moves* 3-4p Carnation Players*			Call 240-314-8810
1:30-3 Senior Fit	3:30-4:30 Afternoon Yoga Flow* 5-5:45 Sr. Abs and Back* 6:30-7:30 Soul Line Dance*	WEDNESDAYS:		
3-4:15 ROGue Tennis*		• Gift Shop Crafts 10a-12p		
5-6p Zumba Gold*		• Drop in Bridge: 1p		
6:30-7:30 Yoga Flow*		• Game Room Activities: 8:30-7p • Bingo 7p		