



Weekly Activities



April

Monday	9:30AM	Chair Yoga
	1:00PM	Afternoon Art
	1:00PM	Pinochle (<u>Looking for new players 😊!</u>)
	9-12:00	Jeff Lewis BC/BS (The 4 th Monday of each Month)
Tuesday	9:30AM	Resistance Band Exercise
	11-12:30	Lawyer NCOFA (1 st Tuesday of Each Month)
	12:30PM	Senior Club (1 st , and 3 rd , Tuesday of Each Month)
	12:30PM	Travel Club (4 th Tuesday of Each Month)
	1:00PM	Bridge (1 st Tuesday of Each Month Only)
	1:00PM	Technology 101 (2 nd & 4 th Tuesday of Each Month)
	12:30PM	Euchre
	1:30PM	Book Club (3 rd Tuesday of Each Month)
Wednesday	9:15AM	Silver Sneakers
	10:30AM	Larks
	1:00PM	BINGO
	12:00PM	Mahjongg (<u>Looking for new players 😊!</u>)
Thursday	8:30AM	Mahjongg
	9:00AM	Wood Carvers (<u>New Carvers Welcome 😊!</u>)
	1:00PM	Exercise with Kathy
	1-3:00PM	Grief Support Group (Now Every Thursday)
Friday	9:00AM	Quilters, Knitters, and Crochet
	9:00AM	Chair Yoga (Will resume 9:30AM on April 19 th)
	12:00PM	Trivia
	12-3:00PM	Bridge (<u>Looking for players to fill-in 😊!</u>)

Please Call the Senior Center (716) 754-2071 For more information 😊!