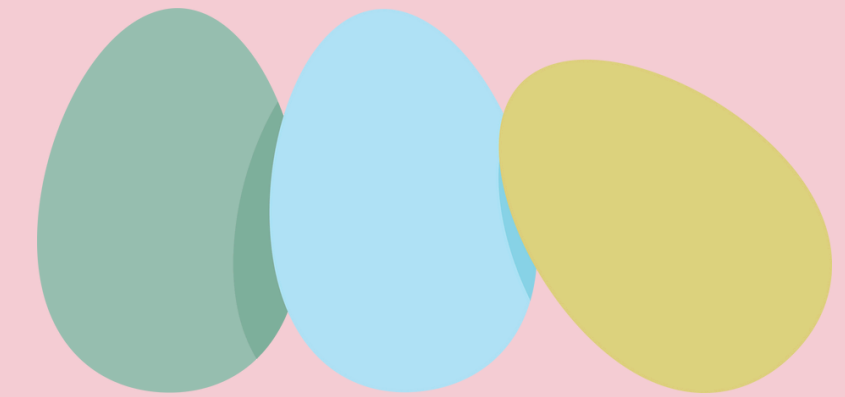



# 2025 April

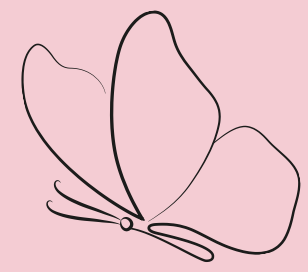


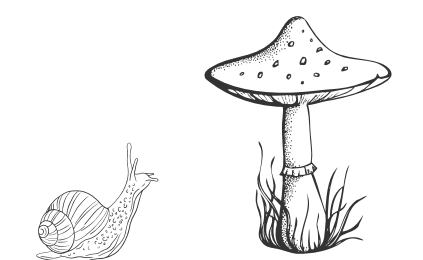


Click on the activity to be brought to the link!


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>APRIL FOOL'S DAY</b>	<b>1 National Caregivers Day!</b> 9:30 AM Anti-Virus & Malware Removal Programs At a Glance 11:00 AM Chair Yoga	<b>2 9:30 AM</b> Cholesterol Management w/ PMH 10:00 AM Virtual Tour: Cardiff, Wales 12:30 PM Wellness Wednesday- Aging Strong: Embrace your Best Self	<b>3</b> 9:00 AM Virtual Balance & Flexibility 1:30 PM Label Reading w/ PMH 4:00 PM Cardio Fitness Class	<b>4 9:00 AM</b> Tai Chi Qigong 11:00 AM Winter Fitness Series Virtual Chair Yoga 1:00 PM Virtual Caregiver Support Group	<b>5</b> 11:00 AM Osteoporosis: Safe Strength Training & Accessible Yoga
6	<b>7</b> 9:00 AM Gentle Yoga for Seniors 9:00 AM Morning Stretch 11:00 AM Podcasts at a Glance	<b>8 9:00 AM</b> Technology Info/Knowledge share webinar- AI 12:00 PM Seniors Meditation & Stretch 1:30 PM Keeping your Kidneys Healthy w/ PMH 5:00 PM Open Mic Night	<b>9 10:30 AM</b> Establishing Boundaries w/ CMHA 12:00 PM Senior's Mat Yoga 1:30 PM Diabetes Essentials w/ PMH	<b>10 10:00 AM</b> #AgeFriendly 2:00 PM Solo Aging Discussion Group 4:00 PM Cardio Fitness Class 5:30-7:30 PM Empowered Eating w/ PMH	<b>11 8:00 AM</b> Qigong Flow 10:00 AM Morning Movers" Senior Group Fitness 11:00 AM Tai Chi	<b>12</b> 8:00 AM Zumba Class on Zoom
13	<b>14</b> 9:00 AM Gentle Yoga for Seniors 11:00 AM Intro to Managing your Privacy 1:00 PM Easy-to-Follow Tai Chi	<b>15 9:00 AM</b> Senior Strength Training Group Fitness 10:30 AM Virtual Caregiver Support Group 12:00 PM Seniors Meditation & Stretch	<b>16 12:00 PM</b> Senior's Mat Yoga 2:00 PM Assisting with Mobility-safe Practices 3:00 PM Spanish Club	<b>17 9:00 AM</b> Virtual Balance & Flexibility 2:00 PM Effective Communication 5:30-7:30 PM Empowered Eating w/ PMH	<b>18</b> Good Friday 	<b>19 8:00 AM</b> Saturday Morning Boost: A Fun and Functional Workout
20	<b>21</b> 9:00 AM Gentle Yoga for Seniors 9:00 AM Morning Stretch 3:00 PM Feldenkrais – Gentle Movements for Life	<b>22 12:00 PM</b> Seniors Meditation & Stretch 1:30 PM Nutrition after Heart event or Stroke w/ PMH 1:30 PM Empowered Eating w/ PMH	<b>23 9:00 AM</b> Senior Fitness Aerobic Dance 12:00 PM Senior's Mat Yoga 3:00 PM Balance Matters	<b>24 9:00 AM</b> Tai Chi Qigong 2:00 PM Solo Aging Discussion Group 5:30-7:30 PM Empowered Eating w/ PMH	<b>25 9:00 AM</b> Tai Chi Qigong 10:00 AM Morning Movers" Senior Group Fitness	<b>26</b>
27	<b>28</b> 9:30 AM Introduction to Digital Wallets 12:00 PM Senior Virtual Coffee Chat	<b>29 9:00 AM</b> Senior Strength Training Group Fitness 12:00 PM Seniors Meditation & Stretch 1:30-3:30 PM Empowered Eating w/ PMH	<b>30 9:00 AM</b> Morning Stretch 1:30 PM Healthy Eating with Diabetes w/ PMH 3:00 PM Spanish Club			



# 2025 May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <b>Kindness is Contagious</b> webinar available anytime!		<b>1</b> <b>9:00 AM</b> Senior Fitness Aerobic Dance <b>5:30-7:30 PM</b> Empowered Eating w/ PMH	<b>2</b> <b>9:00 AM</b> Tai Chi Qigong <b>1:00 PM</b> Virtual Caregiver Support Group	<b>3</b>
<b>4</b>	<b>5</b> <b>9:00 AM</b> Gentle Yoga for Seniors <b>12:00 PM</b> Senior Virtual Coffee Chat	<b>6</b> <b>9:00 AM</b> Technology Info/Knowledge share webinar-Social Media <b>12:00 PM</b> Seniors Meditation & Stretch <b>1:30-3:30 PM</b> Empowered Eating w/ PMH	<b>7</b> <b>11:00 AM</b> Fit Fusion Workout <b>12:00 PM</b> Senior's Mat Yoga <b>1:30-3:30 PM</b> Empowered Eating w/ PMH	<b>8</b> <b>9:00 AM</b> Virtual Balance & Flexibility <b>9:00 AM</b> Cholesterol Management w/ PMH <b>2:00 PM</b> Solo Aging Discussion Group	<b>9</b> <b>10:00 AM</b> Morning Movers" Senior Group Fitness <b>11:00 AM</b> Tai Chi	<b>10</b>
<b>11</b> 	<b>12</b> <b>9:00 AM</b> Gentle Yoga for Seniors <b>3:00 PM</b> Feldenkrais – Gentle Movements for Life	<b>13</b> <b>10:00 AM</b> Senior Series: Aging in your own Home <b>12:00 PM</b> Seniors Meditation & Stretch <b>1:30-3:30 PM</b> Empowered Eating w/ PMH	<b>14</b> <b>10:00 AM</b> Preventing Frauds & Scams <b>12:00 PM</b> Senior's Mat Yoga <b>1:30-3:30 PM</b> Empowered Eating w/ PMH	<b>15</b> <b>9:00 AM</b> Diabetes Essentials w/ PMH <b>9:00 AM</b> Senior Fitness Aerobic Dance <b>12:30 PM</b> Tech Discussion Group- Lunch & Learn	<b>16</b> <b>9:00 AM</b> Morning Stretch <b>2:00 PM</b> Finding Purpose, Wellness, and Community After 60 <b>5:00 PM</b> Drum Circle: Therapy Through Drumming	<b>17</b>
<b>18</b>	<b>19</b> <b>Victoria Day</b> <b>6:00 PM</b> Gentle Yoga for Seniors	<b>20</b> <b>10:30 AM</b> Virtual Caregiver Support Group <b>12:00 PM</b> Seniors Meditation & Stretch <b>1:30 PM</b> Blood Pressure Management w/ PMH	<b>21</b> <b>9:00 AM</b> Morning Stretch <b>12:00 PM</b> Senior's Mat Yoga <b>1:30-3:30 PM</b> Empowered Eating w/ PMH	<b>22</b> <b>9:00 AM</b> Virtual Balance & Flexibility <b>9:00 AM</b> Firebush Senior Fitness – Strength Training <b>1:00 PM</b> Mindful Meditation & Breathing	<b>23</b> <b>9:00 AM</b> Tai Chi Qigong <b>10:00 AM</b> Morning Movers" Senior Group Fitness	<b>24</b>
<b>25</b>	<b>26</b> <b>9:00 AM</b> Gentle Yoga for Seniors	<b>27</b> <b>11:00 AM</b> Chair Yoga <b>12:00 PM</b> Seniors Meditation & Stretch <b>1:30 PM</b> Nutrition after Heart event or Stroke w/ PMH	<b>28</b> <b>12:00 PM</b> Senior's Mat Yoga <b>12:00 PM</b> Preventing Frauds & Scams <b>1:30-3:30 PM</b> Empowered Eating w/ PMH	<b>29</b> <b>8:00 AM</b> Balance/Strength <b>9:00 AM</b> Senior Fitness Aerobic Dance <b>1:00 PM</b> Mindful Meditation & Breathing	<b>30</b> <b>10:00 AM</b> Morning Movers" Senior Group Fitness <b>5:00 PM</b> Drum Circle: Therapy Through Drumming	<b>31</b>

  
Click on the activity to be brought to the link!