



APRIL 2026



MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY



1
Market Basket Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Bistro
 1pm Watercolor Wednesday
 1pm **CANCELLED** - 1:1 Tech Support with Haresh

2
 10am Alice's Café
 Painting with Sylvia
 10am **CANCELLED** Chair Yoga
 12pm **LGBTQ+** Luncheon
 12:30pm Cribbage
 1pm Art for All

3
 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters
 Red Sox *Spirit Day!*
 Happy home opener!

6
 8am Walking Group (contact for info)
 8:45am Arthritis Exercise
 10am Blood Pressure Checks
 10am Senior Painters
 10am Hand, Knee, Foot
 10am Stretch and Strengthen
 11:30am Lunch
 1pm Ousamequin

7
 9am Zumba with Heather
 9:30am **Ask-An-Atty**
 10am Stretch and Strengthen
 11:30am 1:1 Tech with Leslie
 1pm Tai Chi


8
Market Basket Van Trip
 8:45am **CANCELLED** Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh

9
 8:30am Men's Breakfast
 10am **Caregiver Support**
 10am Chair Yoga
 11:30am Lunch
 1pm Art for All
 12:30pm Cribbage

10
 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

13 8am Walking Group (contact for info)
 8:45am Arthritis Exercise
 10am Blood Pressure Checks
 10am Senior Painters
 10am Hand, Knee, Foot
 10am Stretch and Strengthen
 11:30am **Emergency Prep Presentation**
 11:30am Lunch
 1pm Writing Group

14 LIVE YOUR LIFE WELL PROGRAM
 Event Begins/Doors Open - 10AM
 all other programs cancelled
 limited spots available- call to sign up!
 10am Lunch Trip with Scott

15
Walmart Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 10:30am BINGO with Nick & Sass
 11:30am Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh

16
 10am Alice's Café:
 Sensory Gardens with Therapy Gardens
 10am Chair Yoga
 12pm **Courtney's Check-In!**
 12:30pm Cribbage
 1pm Art for All
 2pm **United Senior Advisors**

17
 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

20
CENTER CLOSED


21
 9am Zumba with Heather
 10am Stretch and Strengthen
 11:30am 1:1 Tech with Leslie
 1pm TRIAD
 1pm Tai Chi

22
Market Basket Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh

23
 10am Chair Yoga
 12:30pm Cribbage
 1pm Art for All

24
 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

27
 8am Walking Group (contact for info)
 8:45am Arthritis Exercise
 10am Blood Pressure Checks
 10am Senior Painters
 10am Hand, Knee, Foot
 10am Stretch and Strengthen
 11:30am Lunch

28
 9am Zumba with Heather
 10am Stretch and Strengthen
 11:30am 1:1 Tech with Leslie
 1pm **CANCELLED** Tai Chi


29
Market Basket Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Birthday Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh


30
 10am **Caregiver Support**
 10am Chair Yoga
 12pm **Courtney's Check-In!**
 12:30pm Cribbage
 1pm Art for All

