

# APRIL 2021

## MONDAY

3:00pm-3:45pm  
Yoga Nidra Meditation  
Ilene Berke

## TUESDAY

8:45am-9:45am  
Jazzercise  
Elizabeth Eaves

10:30am-12:00pm  
Music Appreciation  
Bob Norgel

10:30am-11:30am  
Laugh, Flex & Stretch  
Lois Jackson

11:30am-1:00pm  
COVID-19 Women's  
Support Group  
Sue Vellerstein

1:00pm-3:00pm  
Watercolor  
David Deyell

## WEDNESDAY

11:15am-12:15pm  
Chair Yogalates  
Ilene Berke

1:00pm-2:30pm  
Caregiver Support Group  
1st & 3rd Wednesdays

Senior Advocate  
Appointments Available  
1st & 3rd Wednesdays

## THURSDAY

8:45am-9:45am  
Jazzercise  
Elizabeth Eaves

10:30am-11:30am  
Arthritis  
Lois Jackson

## FRIDAY

11:15am-12:15pm  
Chair Yogalates  
Ilene Berke

