

2026 APRIL CALENDAR of ACTIVITIES (revised 4/13/2026)

*Spring Quarter - 8 week classes (Sketching, Walk & Yoga and Arts & Crafts Classes) began the 2nd week of April.

\$1 suggested donation per classes and programs. Country Line Dancing is \$5 per class. Thank you for all contributions!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15a			Bollywood Yoga		
9:30a			9:15a - 10:00a	*Walk & Yoga	
10:00a	*SKETCHING	BINGO	Music & Movement	9:30a - 10:15a (4/9-6/4*no 5/7)	Workout Video
10:30a	10a-11a (4/13-6/8*no 5/25)	10:00a - 11:30a	10:15a - 11:30a	*Art & Crafts	10:00a - 11:00a
11:00a		Free coffee & snacks		10:30a - 11:30a (4/9-6/4*no 5/7)	
11:30a	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM
12:00p	COUNTRY LINE DANCING	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM	COUNTRY LINE DANCING
12:30p	12:00p - 1:30p	LUNCH PROGRAM	FOLKLORICO	LUNCH PROGRAM	12:00p - 1:30p
1:00p	\$5 per class	Tuesday	12:30p - 1:30p	Movie Matinee @ 1p	\$5 per class
1:30p		Self Help Groups at 1p		* Seniors choose movies	
2:00p		See blue section below		* Free coffee & snacks	
2:30p				* Room lights dimmed	
3:30p				* Movies on projector screen	
6:30p				SOUNDBATH (4/30)	

Tuesday February Self Help Groups:

- *1st Tuesday of the Month @ 1:00p - Dept. of Mental Health (DMH) in **English** presents - "**Family Violence Awareness**" on 4/7/26.
- *2nd Tuesday of the Month @ 1:00p - **Soundbath Meditation** this month is on 4/14/2026. Donations are appreciated!
- *3rd Tuesday of the Month @ 1:00p - AlzheimersLA.org will present the topic of "Lost Memories season 1" on 4/21/2026.
- *4th Tuesday of the Month @ 1:00p - DMH in **Spanish** presents - "**Violencia Familiar / Family Violence Awareness**" on 4/28/2026.

SOUNDBATH is a meditative experience where those who attend are "bathed" in sound waves. Bring a mat/blanket or use our chairs. Soundbath will meet this April: Tuesday, April 14th @ 1pm (2nd Tues of the Month) & Thursday, April 30th @ 6:30p (last Thurs of Month).

BINGO (every Tuesday from 10a-11:30a) - Seniors will enjoy socializing and playing Bingo. 6 cards maximum. Free coffee & snacks.

COUNTRY LINE DANCING - Beginner & Intermediate welcome. Classes are on Mondays & Fridays 12:00p-1:30p. \$5 each class.

FOLKLORICO (Wednesdays @ 12:30p) - Join us & enjoy Mexican culture, diversity and more through traditional folklorico dance.

Community Spring Egg Hunt - Saturday, April 4th (11:00a-3:00p) - Seniors will occupy the Senior Center Bake sale booth area.

RENT THE SENIOR CENTER - Rental fees starting at \$75 an hour with a \$100 refundable deposit. For more info call office.