

SENIOR PROGRAMS – APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	2 10am Enhance Fitness Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	3
6 10am Seated Enhance Fitness 12-2pm OMA Dementia Class	7 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Name That Tune Game	8 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	9 10am Enhance Fitness Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	10
13 10am Seated Enhance Fitness 12-2pm OMA Dementia Class	14 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Birthday Celebration with Cameron Villanueva	15 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	16 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	17
20 10am Seated Enhance Fitness 12-2pm OMA Dementia Class	21 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Trivia	22 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	23 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	24
27 10am Seated Enhance Fitness 12-2pm OMA Dementia Class	28 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Bingo	29 10am Seated Enhance Fitness 11:30am Seated SAIL with Jan 12:45pm Writers Support Group	30 10am SAIL Aerobics 11:15 Brain Games 11:30am Krafty Krafters 2:15pm Tai Chi 5:30pm Seeds of Change Dinner	1