

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/2024 April Fools	2-Apr	3-Apr	4-Apr	5-Apr
8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch NO CHAIR YOGA TODAY 4-630 Memory Café	8-10 Coffee 9-noon Hand & Foot 930-10 Just Move-Chair Dance 10-12 CRAFTS-Suncatcher 12-12:30 Lunch 1-3 Oil Painting# 2:30-4 Chair Volleyball	8-10 Coffee 9-noon Cards 9-4 SHIIP - by apt only 10-11 Trivia/board games 11-11:45 CORE Seated Exercise 12-12:30 Lunch 12:30-4:40 SunShine Center	8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking 11-1145 Choir 12-12:30 Lunch	8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting# 2:00-4:00 Open Pool Table/
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga W/ Sefton **	8-10 Coffee 9-noon Hand & Foot 930-10 Just Move-Chair Dance 10-12 CRAFTS-clay project 10-11 Advisory Council Meeting 12-12:30 Lunch 1-3 Oil Painting# 2:30-4 Chair Volleyball	8-10 Coffee 9-noon Cards 9-4 SHIIP - by apt only 10-11 resources-Hearing Impaired/Captel-Kim 11-11:45 CORE Seated Exercise 12-12:30 Lunch 12:30-4:40 SunShine Center	8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking 1030-1130 Library OutReach 11-1145 Choir 12-12:30 Lunch	8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting# 2:00-4:00 Open Pool Table/
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga W/ Sefton **	8-10 Coffee 9-noon Hand & Foot 930-10 Just Move-Chair Dance 10-12 Matinee Movie 12-12:30 Lunch 1-3 Oil Painting# 2:30-4 Chair Volleyball	8-10 Coffee 9-4 SHIIP - by apt only 9-noon Cards 10-11 Sr Planet-Lecture <i>Getting to know your cell phone</i> 11-11:45 CORE Seated Exercise 12-12:30 Lunch 12:30-4:40 SunShine Center	8-10 Coffee 9-noon Hand & Foot 930-1045 Chair Volleyball 945-1045 Wii Games 10-11 P.E.R.C. support Group 10-1030 Group Walking 11-1145 Choir 12-12:30 Lunch	8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting# 2:00-4:00 Open Pool Table/

Monday		Tuesday		Wednesday		Thursday		Friday	
22-Apr		23-Apr		24-Apr		25-Apr		26-Apr	
8-10 Coffee		SILVER ARTS drop off 930-12:30 / Judging to follow Stage closed for all other activities Exhibits open for viewing 4/24-26							
9-noon Cards		8-10 Coffee		8-10 Coffee		8-10 Coffee		8-10 Coffee	
930-1030 Grief Support Group		9-noon Hand & Foot		9-4 SHIIP - by apt only		9-noon Hand & Foot		9-noon Cards	
945-1045 Chair Ex-stretch		930-10 Just Move-Chair Dance		9-noon Cards		945-1045 Wii Games		945-1045 Chair Ex-Strength	
11-1145 BINGO		Craft Class-Rock Painting		10-11 HDept.monthly training		930-1045 Chair Volleyball		11-1145 BINGO	
12-12:30 Lunch		(for Sr. Center memorial garden)		11-11:45 CORE Seated Exercise		10-1030 Group Walking		12-12:30 Lunch	
1:30-2:30 Chair Yoga W/ Sefton**		12-12:30 Lunch		12-12:30 Lunch		11-1145 Choir		1-3 Oil Painting#	
		2:30-4 Chair Volleyball		12:30-4:40 SunShine Center		12-12:30 Lunch		2:00-4:00 Open Pool Table/	
Monday		Tuesday							
29-Apr		30-Apr							
8-10 Coffee		8-10 Coffee		APRIL is: Stress Awareness Month Alcohol Awareness Month Foot Health Awareness National Garden Month National pet month Jazz Appreciation month					
9-noon Cards		9-noon Hand & Foot							
945-1045 Chair Ex-stretch		930-10 Just Move-Chair Dance							
11-1145 BINGO		10-12 CRAFTS-							
12-12:30 Lunch		" Relax Sign"							
1:30-2:30 Chair Yoga W/ Sefton**		12-12:30 Lunch							
		1-3 Oil Painting#		# no instructor/must provide own supplies					
		2:30-4 Chair Volleyball							

Puzzles and Independent Board Games can be played at any time. Ask staff for assistance.

** Fee Applies (\$3.50 per class or 10 for \$30)

Craven County Senior Services
252-638-1790

April 2024

ccseniorservices.weebly.com