



# GOSHEN SENIOR CENTER – APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/2 Aerobics: 9 – 10 Yoga 10:30 Hooks & Needles: 10 – 12 <b>Yoga 1 - 2</b> Mah Jongg: 2-4	4/3 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	4/4 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	4/5 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	4/6 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3
4/9 Aerobics: 9 – 10 Yoga 10:30 Hooks & Needles: 10 – 12 <b>Senior Club meeting 1</b> Mah Jongg: 2-4	4/10 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	4/11 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	4/12 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	4/13 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Friday Quilters: 12:15 – 3:30
4/16 Aerobics: 9 – 10 Yoga 10:30 Hooks & Needles: 10 – 12 <b>Yoga 1 - 2</b> Mah Jongg: 2-4	4/17 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	4/18 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	4/19 Yoga: 9:30 -10:15 <b>Senior Commission 10</b> Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3	4/20 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 – 3 <b>*SENIOR PROM: 5-7</b> 
4/23 Aerobics: 9 – 10 Yoga 10:30 Hooks & Needles: 10 – 12 <b>**Pizza Party: 12</b> <b>Senior Club meeting 1</b> Mah Jongg: 2-4	4/24 Belly Dance for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30	4/25 Move to be Fit: 9:45-10:45 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	4/26 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 <b>Make &amp; Take Crafts: 12:30-2</b>	4/27 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Women’s book discussion: 11 - 1 Poker: 12 – 3
4/30 <b>AARP DEFENSIVE DRIVING CLASS: 9-3</b> 				

**\*Goshen Seniors wishing to participate in the Senior Prom on Friday April 20<sup>th</sup> at 5:00 please see Bonnie NO LATER THAN FRI APRIL 14<sup>th</sup> as advance reservations are a must!!!**

**\*\*Pizza Party \$5.00 per person advance reservations required no later than Friday April 20<sup>th</sup>.**