



Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY
1:00 Mah-Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 Hiking 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$, Sew & Sews, Getting Better at Bridge 10:45 Chair Yoga 12:30 Chess Club 1:15 Ageless Grace \$, <i>Water Workout</i> \$ 1:30 Mah-Jongg (Chinese) 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ 10:00 Medicare Consulting (by appt.) 10:00 Robust Aging Toolbox 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second Wind Band 12:00 Bridge Tune-Up 12:00 Men's Poker 1:00 Taste of Spanish (beg.), <i>(Meets May 7 & 28)</i> Social Bridge 1:15 Round Dancing \$ (beg) 2:00 Pickleball \$, Mah-Jongg (Western) Advanced Beginner Spanish <i>(Meets May 7 & 28)</i> 2:15 Round Dancing \$ (int) 3:15 Keeping Up Your Spanish <i>(Meets May 7 & 28)</i> 6:00 Singles' Schmooze \$	8:45 Tai Chi \$ 9:00 Hiking 9:30 BeMoved \$, Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 11:30 Canasta 12:00 TOPS, Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:15 Ageless Grace \$ 3:00 Knit-Wits, Ping Pong 4:00 Square Dancing Lessons 6:30 International Folk Dancing, Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ 10:00 AA , Recorder Lessons (inter.) 10:15 <i>Water Workout</i> \$, Tap Dancing \$ (beg.) 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons (beg.) 11:15 Craft DIY, Tap Dancing \$ (int.) 12:00 NIA - Moving to Heal \$ 12:00 Sheepshead 12:30 Duplicate Bridge 1:00 Albeamarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.) 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$ 6:30 Drumming Group - NEW! 2 10:45 Parkinson's Caregiver Support Group 1:00 Ladies' Poker 1:00 Euchre 3:00 Socrates Cafe 9 10:00 Investment Visions 10:00 Diabetes Prevention Program Info 1:30 Improving Body Awareness 2:00 Le Cercle Français 2:00 Backgammon & Cribbage 4:00 Essential Tremor Support Group 7:00 Flute Choir & Ensemble Performance	8:45 Tai Chi \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , PrimeTime Fitness \$ 10:30 Bingo 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Fun Time Line Dancing (beg), Still Sharp Singers \$ 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux, Line Dancing (adv) 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$
5 3:00 Spring Band Concert	6 11:00 Silver Swans Ballet Class 1:00 Senior Council 2:00 Bunko	7 10:00 Paint Party \$ 10:00 Blood Pressure Screenings 11:00 Hearing Screenings 12:00 Try It Out Tuesday	8 10:00 Money Matters: Avoiding Scams 1:30 Senior Statesmen of Virginia	16 1:00 Ladies' Poker 1:00 Euchre 3:00 Socrates Cafe 5:30 American Mah-Jongg Lessons + Beginners Game 23 11:30 am-1:30 pm Food Truck 10:00 Investment Visions 10:00 Alzheimer's & Wandering 2:00 Backgammon & Cribbage 2:00 Le Cercle Français 5:00 Money Matters: Avoiding Scams 5:30 American Mah-Jongg Lessons + Beginners Game 6:30 We Got Game! Night	10 10:00 Religion, Science, and Spirituality 2:15 Enjoying Short Stories	
12 1:15 Central Virginia Dowers 3:00 Encore Players present Perfectly Pretentious Performances	13 11:00 Silver Swans Ballet Class 1:00 Piedmont Pastelists 1:00 All Things Digital	14 10:00 Money & You w/ Jorgen Vik 1:30 Art Gallery Talk	15 10:00 Hearing Health 11:30 Monthly Luncheon \$ 1:00 Encore Players present Perfectly Pretentious Performances	17 1:00 Ladies' Poker 1:00 Euchre 3:00 Socrates Cafe 5:30 American Mah-Jongg Lessons + Beginners Game 24 12:00 Art Composition Class \$ 12:00 Writing for Pleasure Coffeehouse 2:15 Enjoying Short Stories	11	18
19	20 2:00 Bunko	21 10:00 All About the Beads \$ 10:00 Elderlaw with Doris Gelbman	22 10:00 Low Vision Support Group 1:00-4:00 Legal Consultation (call for appt)	31 12:00 Art Composition Class \$ (cont.)		
26 Closed for Memorial Day	27 Closed for Memorial Day	28 10:00 Staying Healthy with SPECTRUM Physical Therapy 12:00 Coping Techniques for Caregivers	29 9:30-2:30 DMV Connect Onsite 10:00-3:00 National Senior Health & Fitness Day 11:00 Create a Legacy of Love Workshop 1:00 Town Hall Meeting			

KEY: Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at thecentercville.org, or visit our Facebook page.

April on reverse side





Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY
1:00 Mah-Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 Hiking 9:30 Current Affairs 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$, Sew & Sews, Getting Better at Bridge 10:45 Chair Yoga 12:00 Seated Massage \$ 12:30 Chess Club 1:15 Ageless Grace \$, <i>Water Workout</i> \$ 1:30 Mah-Jongg (Chinese) 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 <i>Pickleball</i> \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ 10:00 Medicare Consulting (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second Wind Band 12:00 Bridge Tune-Up 12:00 Men's Poker 1:00 Taste of Spanish (beg.), <i>(Will not meet April 2 & 16)</i> Social Bridge 1:15 Round Dancing \$ (beg.) 2:00 Pickleball \$, Mah-Jongg (Western) Advanced Beginner Spanish <i>(Will not meet April 2 & 16)</i> 2:15 Round Dancing \$ (int.) 3:15 Keeping Up Your Spanish <i>(Will not meet April 2, 16 & 30)</i> 6:00 Singles' Schmooze \$	8:45 Tai Chi \$ 9:00 Hiking 9:30 BeMoved \$, <i>(Will not meet April 10)</i> Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 11:30 Canasta 12:00 TOPS , Poker, <i>Pickleball</i> \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:15 Ageless Grace \$ 3:00 Knit-Wits, Ping Pong 4:00 Square Dancing Lessons 6:30 International Folk Dancing, Line Dance (beg.) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ 10:00 AA , Recorder Lessons (inter.) 10:15 <i>Water Workout</i> \$, Tap Dancing \$ (beg.) 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons (beg.) 11:15 Craft DIY, Tap Dancing \$ (int.) 12:00 NIA - Moving to Heal \$ 12:30 Duplicate Bridge 1:00 Albarmar Carvers, Apple/Mac Users Group, Financial Counseling (by appt.) 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 <i>Pickleball</i> \$	8:45 Tai Chi \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , PrimeTime Fitness \$ 10:30 Bingo 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Fun Time Line Dancing (beg), Still Sharp Singers 2:15 <i>Pickleball</i> \$ 2:30 Barbershop Belles & Beaux, Line Dancing (adv) 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$
	1 11:00 Silver Swans Ballet Class 1:00 Senior Council 2:00 Bunko 3:00 Star Light, Star Bright	2 10:00 Abstract Acrylic Painting \$ (cont.) 10:00 All About the Beads \$ 10:00 Blood Pressure Screenings 11:00 Hearing Screenings 12:00 Try It Out Tuesday 1:00 Chronic Pain Self-Management (cont.)	3 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies	4 10:45 Parkinson's Caregiver Support Group 12:00 Sheepshead 1:00 Ladies' Poker 3:00 Socrates Cafe 5:30 Investment Basics (cont.)	5 10:00 Investors' Forum 2:15 Enjoying Short Stories	6
7 2:00 Death Cafe	8 11:00 Silver Swans Ballet Class 1:00 Piedmont Pastelists	9 10:00 Abstract Acrylic Painting \$ (cont.) 10:00 Money & You w/ Jorgen Vik 10:00 Money Matters: Becoming Resourceful 1:00 Chronic Pain Self-Management (cont.)	10 1:30 Senior Statesmen of Virginia	11 10:00 Investment Visions 12:00 Sheepshead 2:00 Le Cercle Français 2:00 Backgammon 4:00 Essential Tremor Support Grp 6:30 We Got Game Night	12 10:00 Religion, Science, and Spirituality 2:15 Enjoying Short Stories	13
14 1:15 Central Virginia Dowers	15 2:00 Bunko	16 10:00 Abstract Acrylic Painting \$ (cont.) 10:00 Elderlaw with Doris Gelbman	17 10:00 Hearing Health 11:30 Monthly Luncheon \$	18 10:00 Creating a Bird-Friendly Environment at Home 12:00 Sheepshead 1:00 Ladies' Poker 3:00 Socrates Cafe	19 10:00 Investors' Forum 11:00 Long-Term Care Q&A (call for appt) 2:15 Enjoying Short Stories	20
21 Closed for Easter Sunday	22 12:30-4:30 AARP Smart Driver Course	23 10:00 Abstract Acrylic Painting \$ (cont.)	24 10:00 Low Vision Support Group 10:00 Investment Basics 10:00-1:00 Shredding Truck \$ 12:30-4:30 AARP Smart Driver Course (cont.) 1:00-4:00 Legal Consultation (call for appt)	25 11:30 am-1:30 pm Food Truck 10:00 Investment Visions 10:00 Medication Management 12:00 Sheepshead 1:00 Backgammon 2:00 Le Cercle Français 5:00 Money Matters: Becoming Resourceful	26 12:00 Writing for Pleasure Coffeehouse 2:15 Enjoying Short Stories 7:30 Spring Fling	27
28	29	30 10:00 All About the Beads \$ 10:00 Staying Healthy with Spectrum Physical Therapy				

KEY: Programs ... *in italics* are off-site; in bold are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at thecentercv.org, or visit our Facebook page.