



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 Pickleball \$	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 Albarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.) 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$	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> \$
	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 thecentercville.org, or visit our Facebook page.

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** \$,
 Water Workout \$
 1:30 Mah-Jongg (Chinese)
 2:30 Member Social
 4:00 *Member Social Dinner* \$
 6:45 **Pickleball** \$

9:00 Full Life Fitness
 Mani/Pedicures \$,
Bowling \$
 9:30 **Primetime Fitness** \$
 10:00 **Medicare Consulting** (by appt.)
 10:15 *Water Workout* \$
 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.),
(Will not meet March 5)
 Social Bridge
 1:15 **Round Dancing** \$ (beg)
 2:00 **Pickleball** \$,
 Mah-Jongg (Western)
Advanced Beginner Spanish
(Will not meet March 5)
 2:15 **Round Dancing** \$ (int)
 3:15 **Keeping Up Your Spanish**
(Will not meet March 5 or 19)
 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 *Bowling* \$
 10:45 **First-Wind Band**
 11:30 Canasta
 12:00 **TOPS**, Poker, *Pickleball* \$
 1:00 Scrabble, Mah-Jongg
 1:15 *Water Workout* \$
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,
Ivy Creek Walking Group
 9:30 **Primetime Fitness** \$
 10:00 **AA**,
 Recorder Lessons (int.)
 10:15 *Water Workout* \$
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 Albemarle Carvers,
 Apple/Mac Users Group
 Financial Counseling (by appt.)
 3:15 Chair Yoga
 4:30 **Medicare Consulting**
 (by appt.)
 5:00 **Pickleball** \$

8:45 **Tai Chi** \$
 9:00 Full Life Fitness,
 Mah-Jongg
 9:30 Friday Art Group
 9:45 *Northside Walking Group*,
PrimeTime Fitness \$
 10:30 **Bingo**
 10:45 Flashbacks \$
 11:00 *Water Workout* \$
 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 *Pickleball* \$



◀ April on reverse side

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3

4
 1:00 **Senior Council**
 2:00 Bunko

10
 1:15 **Central Virginia Dowers**

11
 11:00 **Silver Swans Ballet Class**
 1:00 **Piedmont Pastelists**

17

18
 10:00 **Medicare Plans - What's Right for You?**
 11:00 **Silver Swans Ballet Class**
 2:00 Bunko

24 / **31**

25
 9:30 Help with PCs—
 the WAHS Squad is Here

5
 10:00 **Abstract Acrylic Painting** \$
 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**

12
 10:00 **Paint Party** \$
 10:00 **Money & You w/ Jorgen Vik**
 1:00 **Chronic Pain Self-Management** (cont.)
 1:30 **Art Gallery Talk**

19
 10:00 **Abstract Acrylic Painting** \$ (cont.)
 10:00 **All About the Beads** \$
 10:00 **Elderlaw with Doris Gelbman**
 1:00 **Chronic Pain Self-Management** (cont.)
 1:00 **Caring for Your Wellbeing: Understanding Autism**

26
 10:00 **Abstract Acrylic Painting** \$ (cont.)
 10:00 **Staying Healthy with Spectrum Physical Therapy**
 11:00 **Town Hall Meeting**
 1:00 **Chronic Pain Self-Management** (cont.)
 6:00 **Styling Duettes Performance & Demo**

6
 9:30 Kingfishers Fishing Club
 11:00 Book Group
 12:15 **Parkinson's Exercise & Demo**
 5:00 Travel Buddies
 5:00 Cooking Demo with UVA Interns

13
 10:00 **How Do I Downsize: Where Do I Begin?**
 12:00 **Senior Golf: Follow Through**
 1:30 **Senior Statesmen of Virginia**

20
 10:00 **Hearing Health**
 11:30 **Monthly Luncheon** \$

27
 9:30–2:30 **DMV Connect Onsite**
 10:00 **Low Vision Support Group**
 1:00–4:00 Legal Consultation (call for appt)

7
 10:45 **Parkinson's Caregiver Support Group**
 12:00 **Sheepshead**
 1:00 Ladies' Poker
 3:00 Socrates Cafe

14
 10:00 Investment Visions
 10:00 **Senior Golf Meeting**
 12:00 **Sheepshead**
 2:00 Backgammon
 2:00 Le Cercle Français
 4:00 **Essential Tremor Support Grp**

21
 12:00 **Sheepshead**
 1:00 Ladies' Poker
 3:00 Socrates Cafe

28 11:30 am-1:30 pm Food Truck
 10:00 **Creating a Bird-Friendly Environment at Home**
 10:00 Investment Visions
 12:00 **Sheepshead**
 1:00 **Long Term Care Planning Seminar**
 2:00 Backgammon
 2:00 Le Cercle Français
 5:30 **Investment Basics**

1
 10:00 Investors' Forum
 2:15 **Enjoying Short Stories**

8
 10:00 **Religion, Science, and Spirituality**
 12:00 **Oh, My Aching Joints**
 2:15 **Enjoying Short Stories**

15
 10:00 Investors' Forum
 11:00 **Long-Term Care Q&A** (call for appt)
 2:15 **Enjoying Short Stories**

22
 12:00 **Writing for Pleasure Coffeehouse**
 2:15 **Enjoying Short Stories**
 4:30 **Yard Sale Preview** \$

29
 2:15 **Enjoying Short Stories**

2

9

16

23
 8:00 am–1:00 pm
Yard Sale

30