

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
 10:30 Chair Yoga
 11:00 **Parkinson's Yoga** \$
 12:00 **Seated Massage** \$
 12:30 Chess Club
 1:15 **Ageless Grace** \$
 1:15 *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 Tuesday Social Bridge
 1:30 **Round Dancing** \$ (beg)
Pickleball \$
 2:30 **Round Dancing** \$ (int)
 2:30 Encore Players
 6:00 Singles' Schmooze \$

8:00 Hiking
 8:45 **Tai Chi** \$
 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* \$
1:30 Ageless Grace \$
 3:00 Knit-Wits
 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** \$
Retreads (thru Oct.)
 10:00 **AA**, Recorder Lessons (Inter.)
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 10:45 **Parkinson's Yoga** \$
 11:00 Recorder Lessons (Beg.)
 11:15 Craft DIY
 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*
 10:00 **PrimeTime Fitness** \$
 10:30 **Bingo**
 10:45 Flashbacks \$
 11:00 *Water Workout* \$
 12:00 Writing for Pleasure
 1:00 Still Sharp Singers \$
Fun Time Line Dancing (beg)
 2:15 **Pickleball** \$
 2:30 Barbershop Belles & Beaux
Line Dancing (adv)
 3:00 **Bereavement Support Group**

1:00 *Pickleball* \$



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 seniorcenterinc.org, or visit our Facebook page.



April ▶

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5
 1:00 **Senior Council**
 2:00 Bunko

6
 10:00 **Blood Pressure Screenings**
 11:00 **Hearing Screening**
 12:00 **Try It Out Tuesday**
 1:00 **Gallery Talk**
 1:00 **Diabetes Self-Management Workshop**
 2:00 **A Taste of Spanish**
 3:00 **Keeping Up Your Spanish**

7
 9:30 Kingfishers Fishing Club
 11:00 Book Group
 1:00 **The Ticket-Book Presentation**
 5:00 Travel Buddies
 5:00 Cooking Demo with UVa Dietetic Interns

1
 10:45 **Parkinson's Caregivers Support**
 1:00 Ladies' Poker
 3:00 Socrates Cafe

2
 10:00 Investors' Forum

3

11
 1:15 **Central Virginia Dowers**

12
 1:00 **All Things Digital**
 1:00 **Piedmont Pastelists**

13
 10:00 **Money & You with Jorgen Vik**
 10:30 **Long-Term Care Q&A** (by appt. only)
 1:00 **Diabetes Self-Management Workshop** (cont.)
 2:00 **A Taste of Spanish**
 3:30 **Travel Class**

14
 11:00 **Caring For Your Wellbeing Series**
 1:30 **Senior Statesmen of Virginia**
 3:00 Ping Pong (int.)
 4:00 Ping Pong (beg.)

8
 10:00 Investment Visions
 2:00 Le Cercle Français
 2:00 Backgammon
 4:00 **Essential Tremor Support Grp**

9
 10:00 **Religion, Science, & Spirituality**

10

18

19
 2:00 Bunko

20
 10:00 **Elder Law w/ Doris Gelbman**
 1:00 **Diabetes Self-Management Workshop** (cont.)
 2:00 **A Taste of Spanish**
 3:00 **Keeping Up Your Spanish**
 3:30 **Travel Class** (cont.)

21
 10:00 **Hearing Health**
 11:30 **Monthly Luncheon**
 2:00 **Cville Time Bank Orientation**
 2:00 **Festival of the Book**

15
 1:00 Ladies Poker
 3:00 Socrates Cafe
 5:00 Letters to the Editor Workshop

16
 10:00 Investors' Forum

17

25

26

27
 1:00 **Diabetes Self-Management Workshop** (cont.)
 3:30 **Travel Class** (cont.)

28
 10:00 **Low Vision Support Group**
 11:00 **Our Underwater World**
 1-4 Legal Consultation (call for appt)
 3:00 Ping Pong (int.)
 4:00 Ping Pong (beg.)

22
 11:30 am-1:30 pm Little Manila Food Truck
 10:00 Investment Visions
 2:00 Backgammon







23
 2:00 Golf Meeting

24

29
 Day Trip: Cherry Blossom Cruise

30
 12:00 **Writing for Pleasure Coffeehouse**

31

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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 10:30 Chair Yoga 11:00 Parkinson's Yoga \$ 12:00 Seated Massage \$ 12:30 Chess Club 1:15 Ageless Grace \$ 1:15 <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 \$ 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 Tuesday Social Bridge 1:30 Round Dancing \$ (beg) <i>(Will not meet on April 10)</i> Pickleball \$ 2:30 Round Dancing \$ (int) <i>(Will not meet on April 10)</i> 2:30 Encore Players 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 Tai Chi \$ 9:30 BeMoved \$ 9:30 Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ <i>Bowling</i> \$ 10:00 First-Wind Band 10:45 First-Wind Band 11:30 Canasta 12:00 TOPS , Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits 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 \$ 9:30 <i>Retreads</i> (thru Oct.) 10:00 AA , Recorder Lessons (Inter.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Parkinson's Yoga \$ 11:00 Recorder Lessons (Beg.) 11:15 Craft DIY 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 \$ <i>(Will not meet on April 27)</i> 9:00 Full Life Fitness <i>(Will not meet on April 27)</i> , Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> 10:00 PrimeTime Fitness \$ <i>(Will not meet on April 27)</i> 10:30 Bingo <i>(Will not meet on April 20 or April 27)</i> 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Still Sharp Singers \$ Fun Time Line Dancing (beg) <i>(Will not meet on April 20 or April 27)</i> 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux Line Dancing (adv) <i>(Will not meet on April 20 or April 27)</i> 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$
		3 10:00 Blood Pressure Screenings 11:00 Hearing Screenings 12:00 Try It Out Tuesday 1:00 Diabetes Self-Management Workshop (cont.) 2:00 A Taste of Spanish 3:00 Keeping Up Your Spanish 3:30 Travel Class (cont.)	4 9:30 Kingfishers Fishing 11:00 Book Club 5:00 Travel Buddies	5 10:45 Parkinson's Caregiver Support Group 1:00 Ladies' Poker 3:00 Socrates Cafe	6 10:00 Investors' Forum	   
1 Closed - Easter Sunday	2 2:00 Bunko	10 10:00 Money & You w/ Jorgen Vik Long-Term Care Q&A <i>(by appt. only)</i> 1:00 Diabetes Self-Management Workshop (cont.) 1:30 Round Dance \$ 3:00 Getting Better at Getting Older 3:30 Travel Class (cont.)	11 1:30 Senior Statesmen of VA Caring For Your Wellbeing Series 2:00 Ping Pong (int.) 4:00 Ping Pong (beg.)	12 10:00 Investment Visions 2:00 Le Cercle Français 2:00 Backgammon 4:00 Essential Tremor Support Group	13 10:00 Religion, Science, & Spirituality	7
15 1:15 Central Virginia Dowers	16 2:00 Bunko	17 10:00 Elder Law with Doris Gelbman 3:00 Getting Better at Getting Older 3:30 Travel Class (cont.)	18 10:00 Hearing Health 11:30 Monthly Luncheon \$ 1:30 Holistic Aging: Mind, Body, and Soul 2:00 Cville Time Bank Orientation	19 1:00 Ladies' Poker 3:00 Socrates Cafe	20 10:00 Investors' Forum 2:00 Volunteer Appreciation Party	21 Day Trip: Racing Day Hollywood Casino at Charles Town
22	23 Day Trip: Historic Garden Week 12:30 AARP Smart Driver Course	24 2:00 A Taste of Spanish 3:00 Keeping Up Your Spanish 3:00 Getting Better at Getting Older	25 10:00 Low Vision Support Group 12:30 AARP Smart Driver Course (cont) 1-4 Legal Consultation (call for appt) 3:00 Ping Pong (int.) 4:00 Ping Pong (beg.) 5:00 Cooking Demo with UVA Dietetic Interns	26 11:30 am-1:30 pm Spice Sea Gourmet Food Truck 10:00 Investment Visions 2:00 Backgammon	27 12:00 Writing For Pleasure Coffeeshouse 4:30-6:30 pm Yard Sale (Early Bird \$5)	28 8:00 am-12 noon Yard Sale
29 Day Trip: Virginia International Tattoo	30	<p style="text-align: center;">KEY: Programs ... <i>in italics</i> are off-site; in bold are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at seniorcenterinc.org, or visit our Facebook page.</p>				