

# APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-1 AARP Taxes (by appt.) 9:30 Light Aerobics 10:30 Chair Yoga with Gia 12:00 Rug Hooking Group (1st & 3rd Wednesday) 12:30-4:00 Bridge (Every other Wednesday)	2 9-12 Food Bank 9:30 Tone & Stretch 10:00 Knit & Stitch 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Scrabble Massage (By Appt.)	3 <b>CLOSED FOR GOOD FRIDAY</b>
6 FOOD SHARE 9-12 Food Bank 9:30 Light Aerobics 12:00 Heritage Commons Lunch & Learn—Get Info on the Day Program and Independent Living Community at Heritage Commons	7 9:30 Watercolor Class 9:30 Bears on a Journey 12:00 Congregate Meal 1:00 Yellow Envelope Program Presentation at the Portland Library 1:00 Coupons 1:00 Set Back 5:00 SyncoCize II Dance Fitness	8 9-1 AARP Taxes (by appt.) 9:30 Light Aerobics 10:30 Chair Yoga with Gia 1:30 SMP Medicare Fraud, Abuse & Errors Workshop with Senior Resources Agency on Aging	9 9-12 Food Bank 9:30 Tone & Stretch 10:00 Knit & Stitch 10:45 The Heart of Health & Community 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Sweet Treats & Conversation with Community Leaders—Airline Trail Steering Committee Members Lou Pear & Rosario Rizzo 1:00 Scrabble Massage (By Appt.)	10 9:30 Light Aerobics 10:30 Chair Yoga with Gia 10:30 Family History FUN with Ken Doney Massage (By Appt.)
13 9-12 Food Bank 9:30 Light Aerobics 1:30 BINGO with Sean from Ageless Insurance 10:00-2:00 AARP Safe Driving Course	14 9:30 Watercolor Class 9:30 Bears on a Journey 12:00 Congregate Meal 1:00 Coupons 1:00 Set Back 5:00 SyncoCize II Dance Fitness	15 9:30 Light Aerobics 10:30 Chair Yoga with Gia 11:30 Lunch at Sans Souci 12:00 Rug Hooking Group (1st & 3rd Wednesday) 12:30-4:00 Bridge (Every other Wednesday)	16 9-12 Food Bank 9:30 Tone & Stretch 10:00 Knit & Stitch 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Scrabble	17 9:30 Light Aerobics 10:30 Chair Yoga with Gia Massage (By Appt.)
20 FOOD SHARE 9-12 Food Bank 9:30 Light Aerobics 10:00 Shopping Trip to Old Lyme—Big Y and 4 Mile River Farm, Lunch at Hideaway 10:00 Veterans Benefits Workshop	21 9:30 Watercolor Class 9:30 Bears on a Journey 12:00 Congregate Meal 1:00 Coupons 1:00 Set Back 5:00 SyncoCize II Dance Fitness	22 9:30 Light Aerobics 10:30 Chair Yoga with Gia 1:00 Horizon Wings Raptor Rehabilitation Education Program	23 9-12 Food Bank 9:30 Tone & Stretch 10:00 Knit & Stitch 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Scrabble Massage (By Appt.)	24 9:30 Light Aerobics 10:30 Chair Yoga with Gia Massage (By Appt.)
27 9-12 Food Bank 9:30 Light Aerobics 11:00 Tech Workshop—Understanding & Using AI in Everyday Life Jessica the Travelling Hairstylist (By Appt.)	28 9:30 Watercolor Class 9:30 Bears on a Journey 12:00 Congregate Meal 1:00 Coupons 1:00 Set Back 5:00 SyncoCize II Dance Fitness	29 9:30 Light Aerobics 10:30 Chair Yoga with Gia 12:30-4:00 Bridge (Every other Wednesday) Foot Clinic (By Appt.)	30 9-12 Food Bank 9:30 Tone & Stretch 10:00 Knit & Stitch 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Scrabble Foot Clinic (By Appt.)	