

## Weekly Classes & Events

### MONDAYS

#### **BINGO • 10-11AM**

Can't wait to YELL BINGO! Come on in and let's have fun!!

**IN-CENTER** (In The Exercise Room)

#### **MR. BROWN'S COMPUTER CLASS 10-11AM**

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

#### **ZOOM & IN-CENTER**

**ID Number:** 893 5693 1202

**Call In Phone #:** 1-301-715-8592

#### **STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 1-2PM**

Let's improve our health with a low impact chair exercise. Cost: \$1.00

### TUESDAYS

#### **CHAIR MASSAGE • 10AM**

**APRIL 4 & 18**

**IN-CENTER ONLY**

Please make sure you sign-up to get a massage w/ John Johnson. Cost: \$2.00

#### **POTTERY CLASS • 10AM-12PM IN-CENTER ONLY**

Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines. Cost: \$3.00

#### **SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM**

**IN-CENTER ONLY**

Love to dance? Show off by learning the latest line dance steps as you move and grove to the latest line dance hits.

Cost: \$1.00

#### **CRAFTWORK, CARDS & MORE • 12:30pm IN-CENTER ONLY**

If art is something, you enjoy join this art class and create one of a kind beautiful art piece. Cost: \$2.00

#### **"IT'S A MIND THANG"**

Let's stimulate our brains with something different! Word Search, Crosswords Puzzles, Easy Word Finds, Word Scramble, Brain Games and Number Search. It's inside the Newsletter!

### WEDNESDAYS

#### **BINGO MARCH 8 ONLY • 10-11AM IN-CENTER**

Can't wait to YELL BINGO! Come on in and let's have fun!!

#### **PAINTING CLASS • 10AM-12PM IN-CENTER ONLY:** Art Room

Join our painting class with Sheena Garcia, this class will allow you to express yourself through painting. Cost: \$2.00

#### **BIBLE STUDY • 10-10:45AM IN-CENTER ONLY**

Join Jewelyn Williams for a non-denominational study of the Bible. Free

#### **BEST DAY OF MY LIFE SO FAR • 11-11:45AM**

**IN-CENTER ONLY**

Join Farrah & Fiona in this creative writing class. We will share our unforgettable memories, laughter, lessons, life and love. Never written before? Not a problem! Free.

#### **PAPER MACHE CLASS • 12:30-2:30PM**

Learn this artform with Sheena Garcia. Cost: \$2.00

**IN-CENTER ONLY:** Art Room

### THURSDAYS

#### **BINGO • 10-11AM**

Can't wait to YELL BINGO! Come on in and let's have fun!!

**IN-CENTER**

#### **ART & CRAFTS CLASS • 10AM IN-CENTER ONLY**

Create one of a kind beautiful art piece. Cost: \$2.00

#### **PHENOMENAL WOMEN • 10-11AM**

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out! Free.

**IN-CENTER ONLY**

#### **FLOWER ARRANGEMENT EVERY THIRD THURSDAY (4/20) • 1PM IN-CENTER ONLY**

Enjoy making your very own arrangement use beautiful freshly cut flowers of all different color, shapes, and sizes.

Cost: \$3.00

### FRIDAYS

#### **BINGO • 10-11AM**

Can't wait to YELL BINGO! Come on in and let's have fun!!

**IN-CENTER**

#### **BIBLE STUDY • 10-11AM**

Join Minister Calvin Myers for this non-denominational study group. Free.

**CALL IN ONLY#:** 1-701-802-5063

**Password:** 849 577

#### **CROCHET CLASS • 10AM-12PM IN-CENTER ONLY**

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00

#### **LINE DANCING W/GLORIA • 10-11AM IN-CENTER ONLY**

Do you love to dance? Show off your skills by learning the latest line dance steps as you move and grove to the latest line dance hits. Cost: \$1.00

#### **YOGA W/KAREN THOMPSON • 1-2PM**

This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair, yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

**IN-CENTER ONLY**

### April Happenings

- 1 April Fool's Day
- 1 National Love Our Children Day
- 2 Autism Awareness Day
- 2 Palm Sunday
- 5 Passover Begins
- 5 National Walking Day
- 7 Good Friday
- 7 World Health Day
- 9 Easter Sunday
- 10 National Siblings Day
- 11 National Pet Day
- 13 Last Day of Passover
- 18 Tax Day
- 20 Last Day of Ramadan
- 22 Earth Day
- 22 World Immunization Week
- 27 Take our Daughters and Sons to Work Day