

APRIL ACTIVITIES

At the Lemon Grove Senior Center

8235 Mt. Vernon St., Lemon Grove 91945 - Ph: 619-337-1425

Monday	Tuesday	Wednesday	Thursday	Friday
1 HOLIDAY Cesar Chavez Day All East County Sites CLOSED	2 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	3 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	4 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	5 10:45 Special Presentation: Diabetes Prevention & Management 11:30 Lunch 12:00 Bingo
8 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	9 8:30 Aerobics 10:15 Hatha Yoga 11:15 Lunch 12:00 FREE MOVIE MATINEE: "The Stray"	10 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	11 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	12 10:30 Special Entertainment: Spring Time Party with Richard 11:30 Lunch 12:00 Bingo
15 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo <i>Tax Day</i>	16 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	17 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	18 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	19 10:15 Celebrate April Birthdays w/ Music by "Sophisticats" 11:30 Lunch 12:00 Bingo
22 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo <i>Earth Day</i>	23 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	24 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	25 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	26 10:45 Special Presentation: Arthritis Prevention & Management 11:30 Lunch 12:00 Bingo
29 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	30 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch		<u>Feeling Fit Classes</u> Mon. & Wed. 8:30am – 9:45am 9:45am – 11:00am Classes are FREE for seniors FOR EXERCISE CLASSES: Sign up with the teacher for each class	<u>Hatha Yoga Classes</u> are all \$ 3.00 per class in 4-week sessions. <u>Aerobic Fitness</u> <u>Class</u> \$ 40.00 Fee per Semester