



April 2024



Monday		Tuesday		Wednesday		Thursday		Friday	
1 9 AM Exercise w/Emma 12 Noon: Hot Lunch 12 Noon: Blood Pressure Checks 1:00PM Chair Yoga	2 10 AM Martial Arts 12 Noon: Pizza Lunch *Shine Counselor Appointments*	3 Shopping Trips Around Town 10 AM Fit & Trim w/Sandra 12 Noon: Hot Lunch	4 9-11 AM Continental Breakfast Aldersgate Schedule 10:15 -11 Chair Yoga \$5 10-11:30 Writing Series 12 Noon: Cold Lunch 12:30 Special Program	5 9 AM Exercise w/Emma 10:30 AM Project Linus Group 10:30 AM Health and Wellness Series "Cookie Decorating" 11:30 AM Hot Lunch 11:30 AM Cardio Drumming \$5 *Fuel Assistance Appts					
8 9 AM Exercise w/Emma 12 Noon: Hot Lunch 12:30PM Tech with Bill 1:00PM Chair Yoga	9 10 AM Martial Arts 12 Noon: Hot Lunch 12:30 PM "Fever Pitch" featuring Drew Barrymore and Jimmy Fallon *Shine Counselor Appointments*	10 Shopping Trips Around Town 10 AM Fit & Trim w/Sandra 12 Noon: Hot Lunch Special Dessert	11 9-11 AM Continental Breakfast Aldersgate Schedule 10:15 -11 Chair Yoga \$5 10-11:30 Writing Series 11:30 Blood Pressure Checks 12 Noon: Hot Lunch 12:30 Special Program	12 9 AM Exercise w/Emma 11:30 AM Hot Lunch 11:30 AM Cardio Drumming \$5					
15 SENIOR CENTER CLOSED FOR PATRIOT'S DAY	16 10 AM Martial Arts 12 Noon: Hot Lunch *Shine Counselor Appointments*	17 Shopping Trips Around Town 10 AM Fit & Trim w/Sandra NO CLASS 12 Noon: Hot Lunch 12 Noon: Blood Pressure Checks 1:00 PM Intergenerational Bingo	18 9-11 AM Continental Breakfast 9:30-10:30AM Senator Tarr's Office Hours Aldersgate Schedule 10:15 -11 Chair Yoga \$5 12 Noon: Hot Lunch 12:30 Special Program	19 9 AM Exercise w/Emma 11:30 AM Cardio Drumming \$5					
22 9 AM Exercise w/Emma 12 Noon: Hot Lunch 1:00PM Chair Yoga	23 10 AM Martial Arts 12 Noon: Hot Lunch 12 Noon: Blood Pressure Checks 1:00 Piano Music *Shine Counselor Appointments*	24 No Lunch and Programs Staff Training	25 9-11 AM Continental Breakfast Aldersgate Schedule 10:15 -11 Chair Yoga \$5 10-11:30 Writing Series Part 2 12 Noon: Hot Lunch 12:30 Special Program 12:30 Teen Tech Tutors	26 9 AM Exercise w/Emma 11:30 AM Hot Lunch 11:30 AM Cardio Drumming \$5					
29 9 AM Exercise w/Emma 12 Noon: Hot Lunch 1:00PM Chair Yoga	30 10 AM Martial Arts 12 Noon: Hot Lunch 1:00 PM Widows of Veterans *Shine Counselor Appointments*	WEDNESDAY SHOPPING TRIPS		THURSDAY BREAKFAST		LOCATION NOTES			
		NEW Market Basket 9-11am Walmart Plaza 11-1pm Stop and Shop 12-2pm Please call to reserve a spot!		Location: Senior Center Coffee, Bagels \$ Muffins Drop-in 9am-11am Knitting Wii Bowling Playing Cards & Games		Chair Yoga & Drumming - Masonic Lodge, 283 Park St. (Mon & Fri)			
						Thursday - Senior Center for Drop-in Breakfast			
						Thursday - Aldersgate Church 235 Park St for all other programs			
PLEASE CALL THE SENIOR CENTER FOR: In - Town Van Transportation (24 Hour Advance Notice Required) Reservations for Lunch and Special Events (REQUIRED) Questions about local resources or programs		Edith O'Leary Senior Center Building on the Common 157 Park Street North Reading, MA 01864 978-664-5600		** Thursdays @ Aldersgate ** April 4 - Opening Day Luncheon & Celebration April 11 - Spring Garden Party April 18 - National Exercise Day Program April 25 - Diabetes Education					

Programs and Menu Subject to Change

APRIL LUNCH MENU ON BACK