

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 AM Coffee Hour 10:00 AM Tai Chi – Veterans 10:30 AM Tai Chi - Newbies 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Healthy Steps Exercise Class 12:00 PM LUNCH	9:30 AM Coffee Hour 10:00 AM Wii Bowling 10:15 AM DVD Chair Exercise 12:00 PM LUNCH	9:30 AM BINGO 12:00 PM LUNCH 12:30 PM Chronic Pain Self-Management Workshop	9:30 AM Coffee Hour Board Games/Cards 9:30 AM Mah Jong 10:00 AM Chair Exercises DVD 12:00 PM LUNCH
8	9	10	11	12
9:30 AM Coffee Hour 10:00 AM Tai Chi – Veterans 10:30 AM Tai Chi - Newbies 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Healthy Steps Exercise Class 12:00 PM LUNCH	9:30 AM Coffee Hour 10:00 AM Wii Bowling 10:15AM In-person Chair Exercise 12:00 PM LUNCH 1:00 PM Jeff Krick ELVIS!	9:30 AM BINGO 12:00 PM LUNCH 12:30 PM Chronic Pain Self-Management Workshop	9:30 AM Coffee Hour Board Games/Cards 9:30 AM Mah Jong 10:00 AM Chair Exercises DVD 12:00 PM LUNCH
15	16	17	18	19
9:30 AM Coffee Hour 10:00 AM Tai Chi – Veterans 10:30 AM Tai Chi - Newbies 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 10:00 AM Healthy Steps Exercise Class 12:00 PM LUNCH	9:30 AM Coffee Hour 10:00 AM Wii Bowling 10:15AM In-person Chair Exercise 12:00 PM LUNCH	9:30 AM BINGO 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 9:30 AM Mah Jong 10:00 AM Chair Exercises DVD 12:00 PM LUNCH
22	23	24	25	26
9:30 AM Coffee Hour 10:00 AM Tai Chi 12:00 PM LUNCH	10:00 AM Bucket Craft  12:00 PM LUNCH	9:30 AM Coffee Hour 10:00 AM Wii Bowling 10:15AM In-person Chair Exercise 12:00 PM LUNCH 1:00 PM Food Labels Nutrition Education	9:30 AM BINGO 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 9:30 AM Mah Jong 10:00 AM Chair Exercises DVD 12:00 PM LUNCH
29	30			
9:30 AM Coffee Hour 10:00 AM Tai Chi 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 12:00 PM LUNCH 1:00 PM Diabetes Self- Management Class		Lunch reservations should be made by 10:00 AM the day before. Call Anne at 610-398-1094 We are located at 4230 Dorney Park Rd Allentown, PA 18104	Cedar View Senior Center April 2024 Activities Calendar

For more information, Call Anne 610-398-1094