

April 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Cardio with Sheila* 11:00 Yoga with Lucia* 12:45 Center Stage 1:00 Crocheting Lesson 1:00 SPA Committee Meeting 1:30 Art with Zelda	2 Morning shopping at Key Food 10:30 Fun & Fit with Nancy 11:45 Men’s Club Meeting 1:00 Cards and Games	3 11-2pm Intergenerational Sharing Conference Leave Sandel 10:15, Leave Rec Center 10:30 All Other Sandel Programs Cancelled	4 10:30 Fun & Fit with Nancy 1:00 Mahjongg & Games	5 10:30 Balance with Megan 12:15 Birthday Brunch
8 Center Stage & Art with Zelda Cancelled 10:00 Cardio with Sheila* 11:00 Yoga with Lucia* 12:30 Special Events Committee Meeting 1:00 Crocheting Lesson with Melanie 1:15 Mother’s Day Boutique Committee Meeting 1:45 Headlines 2:15 Watch the Eclipse 7:00 Village Board Meeting	9 Morning shopping at Trader Joe’s 10:30 Fun & Fit with Nancy Trip to TWA Hotel Leave Rec Center 11:30, Leave Sandel 11:45 12:30 Blood Pressure Screening* 1:00 Cards and Games	10 10:30 Pilates with Mary 1:00 Merilee Kaufmann Author Reading 3:00 Yoga with Dominic Hawkins* 4:30 SSHS Musical Matilda	11 ALL PROGRAMS CANCELLED FOR FOSSI FUNDRAISER SETUP	12 ALL PROGRAMS CANCELLED FOR FOSSI FUNDRAISER SETUP 7:00 VIVA LA FOSSI
15 Woodloch Pines Trip 10:00 Cardio with Sheila* 11:00 Yoga with Lucia* 12:45 Center Stage 1:00 Crocheting Lesson with Melanie 1:30 Art with Zelda	16 Woodloch Pines Trip Morning shopping at Key Food 10:30 Fun & Fit 11:45 Men’s Club Meeting 1:00 Cards & Games	17 Woodloch Pines Trip 10:30 Pilates with Mary 12:30 Creative Writing Class 1:00 Let’s Talk with Sherri 3:00 Yoga with Dominic Hawkins*	18 Woodloch Pines Trip 10:30 Fun & Fit 1:00 Mahjongg & Games	19 10:30 Balance with Megan 1:00 Barbie Day
22 10:00 Cardio with Sheila* 11:00 Yoga with Lucia* 12:45 Center Stage 1:00 Crocheting Lesson with Melanie 1:30 Art with Zelda	23 Morning shopping at Key Food 10:30 Fun & Fit with Nancy 12:45 Senior Concerns Committee Meeting 1:00 Cards and Games	24 10:30 Pilates with Mary 1:00 SBI 2:15 Book Club 3:00 Yoga with Dominic Hawkins*	25 10:30 Fun & Fit with Nancy 11:45 Executive Committee Meeting 1:00 Mahjongg and Games	26 Fitness Cancelled 11:00 General Meeting 1:00 What are you watching?
29 10:00 Cardio with Sheila* 11:00 Yoga with Lucia* 12:45 Center Stage 1:00 Supper Club Committee Meeting 1:00 Crocheting Lesson 1:30 Art with Zelda 1:45 Headlines	30 Morning shopping at Key Food 10:30 Fun & Fit with Nancy 11:45 Trip Committee Meeting 1:00 Senior Sez Trivia with Sherri 1:00 Mother’s Day Boutique Committee Meeting 1:00 Cards and Games			
* Funded by Nassau County Department of Human Services Office for the Aging & New York State Office for the Aging & Administration on Aging				