



APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
		1 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 11:00 Walking Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	2 9:00 Cardio and Dance ◊ 10:00 Octets Bridge 10:00 Tai Chi ◊ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:30 Intro to Ukulele 2:30 Ukulele Group	3 9:00 Open House 9:00 Mat Pilates ◊ 10:00 Knitting Group 10:00 Easter Flower Arranging ◊ 1:00 Cribbage (intermediate)
6 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 11:00 Bridget's Lunch Bunch @ Batson River Brewing 1:00 Cribbage 1:00 Hand & Foot	7 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Gentle Vinyasa Yoga with Leslie ◊ 10:00 Mindfulness with Nancy 1:00 Canasta 1:00 French Club 2:00 Guess Who's Coming for Coffee & Cookies	8 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 11:00 Walking Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	9 9:00 Cardio and Dance ◊ 10:00 Octets Bridge 10:00 Tai Chi ◊ 11:00 Wise Women Wondering 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:30 Intro to Ukulele 2:30 Ukulele Group	10 9:00 Open House 9:00 Mat Pilates ◊ 10:00 Knitting Group 12:00 Volunteer Appreciation Pizza Party 1:00 Cribbage (intermediate)
13 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	14 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Gentle Vinyasa Yoga with Leslie ◊ 10:00 Mindfulness with Nancy 11:30 Intro to Mindfulness ◊ 12:00 SMAA Community Cafe 1:00 Canasta 2:00 Guess Who's Coming for Coffee & Cookies 12:00-8:00 Free Cone Day @ Ben & Jerry's	15 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Rebounder Preview Class 10:00 Craft Group 11:00 Walking Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 5:00-7:00 Chamber Business After Hours	16 9:00 Cardio and Dance ◊ 10:00 Octets Bridge 10:00 Tai Chi ◊ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:30 Intro to Ukulele 2:30 Ukulele Group	17 9:00 Open House 9:00 Mat Pilates ◊ 10:00 Knitting Group 10:00 Senior Perk with Seacoast Lions 1:00 Cribbage (intermediate) 2:00 Parkinson's Support



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Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; font-weight: bold; color: red; font-size: 1.2em;">20</p> <p style="text-align: center; font-weight: bold; color: red; font-size: 1.5em; margin-top: 20px;">CLOSED</p> <p style="text-align: center; font-weight: bold; color: red; font-size: 1.5em; margin-top: 10px;">PATRIOT'S DAY</p>	<p style="text-align: center; font-weight: bold;">21</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>11:30 Intro to Mindfulness ◇</p> <p>1:00 Canasta</p> <p>1:00 French Club</p> <p>2:00 Guess Who's Coming for Coffee & Cookies</p>	<p style="text-align: center; font-weight: bold;">22</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◇</p> <p>10:00 Craft Group</p> <p>11:00 Walking Group</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p>	<p style="text-align: center; font-weight: bold;">23</p> <p>9:00 Cardio and Dance ◇</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◇</p> <p>11:00 Social Club</p> <p>11:00 Men's Lunch Bunch @ Sea Salt Fry Co., Wells</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>1:30 Intro to Ukulele</p> <p>2:30 Ukulele Group</p> <p>2:00 Widow and Widower Social Group</p> <p>2:00 Alzheimer's Discussion Group</p>	<p style="text-align: center; font-weight: bold;">24</p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◇</p> <p>10:00 Knitting Group</p> <p>10:00 Healthy Legs Presentation</p> <p>1:00 Cribbage (intermediate)</p> <p>2:00 Life's Tapestries: Mixed Media Collages ◇</p>
<p style="text-align: center; font-weight: bold;">27</p> <p>9:00 Men's Coffee and Conversation</p> <p>10:00 Annual Meeting *ALL MEMBERS INVITED TO ATTEND*</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Cribbage</p> <p>1:00 Hand & Foot</p>	<p style="text-align: center; font-weight: bold;">28</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>11:30 Intro to Mindfulness ◇</p> <p>1:00 Canasta</p> <p>1:00 Dewey's Travel Talk – Ireland: History and Culture</p> <p>2:00 Guess Who's Coming for Coffee & Cookies</p>	<p style="text-align: center; font-weight: bold;">29</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◇</p> <p>10:00 Craft Group</p> <p>10:00 Hiking Club Meeting</p> <p>11:00 Walking Group</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Book Club</p>	<p style="text-align: center; font-weight: bold;">30</p> <p>9:00 Cardio and Dance ◇</p> <p>9:00 Keep It Legal</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◇</p> <p>10:45 Bridget's Lunch Bunch @ Galley Hatch ◇</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>1:30 Intro to Ukulele</p> <p>2:30 Ukulele Group</p>	

KEY

Highlighted Program = New & Noteworthy

◇ = Program Fee

Bold Program = Off-Site Program or Fundraiser