



APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
	1 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 11:30 Intro to Mindfulness◇ 1:00 Canasta 1:00 French Club 2:00 Chair Volleyball	2 9:30 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◇ 10:00 Yoga for Older Adults – Session 1 11:00 Yoga for Older Adults – Session 2 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	3 9:00 Resistance Band Class◇ 10:00 Octets Bridge 11:00 Grief Support 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Ballroom Basics ◇ 2:00 Ukelele Group 5:00 Rebounder Class ◇	4 9:00 Open House 9:30 Line Dancing ◇ 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Art Class ◇
7 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 11:00 Cardio & Stretch with Sue ◇ 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	8 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 12:00 Tech Class 12:00-8:00 Free Cone Day @ Ben & Jerry's 1:00 Canasta	9 9:30 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◇ 10:00 Yoga for Older Adults – Session 1 11:00 Yoga for Older Adults – Session 2 12:00 Men's Lunch Bunch @ Pilot House 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	10 9:00 Resistance Band Class◇ 10:00 Octets Bridge 11:00 Wise Women Wondering 12:00 No Book Book Club 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Ballroom Basics ◇ 2:00 Ukelele Group 5:00 Rebounder Class ◇	11 9:00 Open House 9:30 Line Dancing ◇ 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Art Class ◇
14 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 10:00 Singing Group 10:00 Medicare 101 11:00 Caregiver Support Group 11:00 Cardio & Stretch with Sue ◇ 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	15 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 12:00 Flower Arranging ◇ 1:00 Canasta 1:00 French Club 2:00 Chair Volleyball	16 9:30 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◇ 10:00 Yoga for Older Adults – Session 1 11:00 Yoga for Older Adults – Session 2 CLOSED @ NOON FOR BAH 5-7PM Chamber Business After Hours	17 9:00 Resistance Band Class◇ 10:00 Octets Bridge 11:00 Grief Support 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	18 9:00 Open House 9:30 Line Dancing ◇ 10:00 Uno & Rummikub 10:00 Knitting Group 12:00 Monthly Luncheon @ Pedro's ◇ 1:00 Cribbage (intermediate) 1:00 Art Class ◇ 2:00 Parkinson's Support



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Monday	Tuesday	Wednesday	Thursday	Friday
21 <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> CLOSED FOR PATRIOT'S DAY </div>	22 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 12:00 SMAA Community Cafe 12:00 Tech Class 1:00 Canasta 1:00 Your Next Steps Simplified with Dovetail 3:00 Earth Day Beach Clean Up @ Gooch's Beach	23 9:30 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◇ 10:00 Yoga for Older Adults – Session 1 11:00 Yoga for Older Adults – Session 2 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	24 9:00 Resistance Band Class ◇ 9:00 Keep it Legal 10:00 Octets Bridge 11:00 Social Club 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Book Talk – Valerie Reid 2:00 Ukelele Group 5:00 Rebounder Class ◇	25 9:00 Open House 9:30 Line Dancing ◇ 10:00 Uno & Rummikub 10:00 Knitting Group 12:00 Bridget's Lunch Bunch @ Kennebunk Inn 1:00 Cribbage (intermediate) 1:00 Art Class ◇ 2:00 Outdoor Cornhole
28 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 10:00 Singing Group 11:00 Caregiver Support Group 11:00 Cardio & Stretch with Sue ◇ <div style="text-align: center; color: red; font-weight: bold;"> CLOSED @ NOON FOR ANNUAL MEETING 4PM Annual Meeting </div>	29 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 1:00 Canasta 2:00 Chair Volleyball	30 9:30 Bridge Group 9:00 Strength & Balance with Serina ◇ 9:30 Volunteer Appreciation @ MIP 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◇ 10:00 Yoga for Older Adults – Session 1 11:00 Yoga for Older Adults – Session 2 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club	<div style="border: 2px solid yellow; padding: 10px; text-align: center;"> KEY Highlighted Program = New & Noteworthy ◇ = Program Fee Bold Program = Off-Site Program or Fundraiser </div>	