

# APRIL 2024 HASTINGS SENIOR CALENDAR

## MONDAY

**1** 11 Senior Sneakers  
12:30 Bingo

**8** 11 Senior Sneakers  
12:30 Bingo

**15** 11 Senior Sneakers  
12:30 Bingo

**22** 11 Senior Sneakers  
12:30 Bingo

**29** 11 Senior Sneakers  
12:30 Bingo

## TUESDAY

**2** **Primary Election-no  
exercise**  
11 Current Events

**9** 11 Chair Yoga  
11:00 Current Events

**16** **No Chair Yoga-PBA  
Bingo-see flier-sign  
up**  
11 Current Events

**23** 11 Chair Yoga  
11 Current Events-

**30** 11 Chair Yoga  
11 Current Events

## WEDNESDAY

**3** Shopping Trip to:  
Marshall's//ShopRite  
11 Aerobics

**10** Shopping Trip to:  
Trader Joe's//Apple  
Farm  
11 Aerobics

**17** Shopping on Thursday  
this week  
11 Aerobics

**24** Shopping Trip to:  
Kohl's//ShopRite  
11 Aerobics

## THURSDAY

**4** No Exercise  
12:30 Bingo

**11** 11 Chair Yoga  
12:30 Bingo

**18** Shopping Trip to:  
ShopRite  
11 Chair Yoga  
12:30 Bingo  
**6:00 pm-7:15 pm-  
Intergenerational  
Game Night-see**

**25** 11 Chair Yoga  
12:30 Bingo

**Coming on May  
2nd-A Free  
Movement Class  
for  
People Living with  
Parkinson's and  
other Movement  
Challenges-see flier**

## FRIDAY

**5** 11 Tai Chi

**12** 11 Tai Chi

**19** 11 Tai Chi  
**Trip to Botanical  
Gardens-sign up**

**26** 11 Tai Chi  
**Trip to Empire  
Casino-sign up**

**For information call  
478-2380 Ext. 2 for  
Anne. Press "0" for  
other staff**