



April 2026

Jersey Shore
Center for Healthy Aging
570-6019591

Monday	Tuesday	Wednesday	Thursday	Friday
Come eat lunch with us! Lunch served daily at 11:30am Call to reserve a meal!		1 9a Coffee & Conversation 10:15a Chair Yoga 12:15p Bingo	2 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Trivia	3 CENTER CLOSED GOOD FRIDAY
6 9a Coffee & Conversation 10:15a Cards 12:15p Bible Study 1:15p Diamond Painting	7 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Rummikub	8 9a Coffee & Conversation 10:15a Chair Yoga 12:15p Mystery Bingo	9 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Board Games	10 9a Coffee & Conversation 10:15a Chair Yoga 12:15p Rummikub
13 9a Coffee & Conversation 10:15a Cards 12:15p Bible Study 1:15p Diamond Painting	14 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Rummikub	15 9a Coffee & Conversation 10:15a Chair Yoga 12:15p Bingo	16 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Board Games	17 9a Coffee & Conversation 10:15a Chair Yoga 12:15p Cards / Dominos
20 9a Coffee & Conversation 10:15a Cards 12:15p Bible Study 1:15p Diamond Painting	21 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Grocery Bingo	22 9a Coffee & Conversation 10:15a Chair Yoga 1:00 Volunteer Lunch	23 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Board Games	24 9a Coffee & Conversation 10:15a Chair Yoga 12:15p Rummikub
27 9a Coffee & Conversation 10:15a Cards 12:15p Bible Study 1:15p Diamond Painting	28 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Rummikub	29 9a Coffee & Conversation 10:15a Chair Yoga 12:15p Bingo	30 9a HSIM (Exercise) 10:15a Cards/Dominos 12:15p Monthly Birthday Celebration	