



# APRIL : EARTH MONTH

## Important Dates in April:

April 1th. -Easter Monday  
April 3rd.-Food Bank Distribution  
April 15th. -Tax Deadline  
April 22nd. -Earth Day

## FIELD TRIPS:



April 2nd. -Queen Mary  
April 25th. -LA Zoo

## CELEBRATIONS:



April 1st. -Easter  
April 22th. -Earth Day  
April 26th. -Birthdays Month



## FITNESS

Exercise W/ Darlene April 18th at 10:00

Stretching w/Derryck (2nd Floor)  
Mondays, Wednesdays, Fridays 9:30am

Dance w/Derryck (2nd Floor)  
Mondays, Wednesday, Fridays 12pm

Exercise Class w/Kerry (2nd Floor)  
Tuesday and Thursdays 9:30am

## HEALTH CORNER

-First and Third Thursday  
Queens Care Screenings  
-April 3rd. Vaccine Clinic 12-2pm  
-Healthy Eating on a Budget  
Presentation by Queen's Care  
April 4th 12:00 p.m.

## TECH-POP UP EVENT

April 9th-9-11am



## EDUCATION

Technology Education  
Tuesday & Thursdays at 1pm

Earthquake Safety  
April 16-11am-English  
April 23-11am-Spanish  
April 30-11am- Korean

EBP-Arthritis Exercise  
Tuesdays & Thursdays-10-11am

Art Classes  
W/ Audrey  
Tuesdays at  
2:00 p.m.

ESL Classes  
W/ Joan will  
start in April



# APRIL 2024 Mid-City

675 S. Carondelet St.  
Los Angeles, CA 90057  
8:00am-4:00pm



# April 2024

# Mid-City's Activities Calendar



St. Barnabas Senior Services

Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays					
8:00 AM	Independent Time 	Coffee and News 	Independent Time 	Coffee and News 	Independent Time 	Coffee and News 				
9:00 AM	Audio Books with Alison 	Audio Books with Alison 	Audio Books W/ Alison 	Korean Tech Ed. 	Audio Books with Alison 	Audio Books with Alison 				
10:00 AM	Chair Stretching w/ Derryck 	Bowling W/ Alison 	Music W/ Alison 	EBP Class W/ PIC 	Chair Stretching w/ Derryck 	Bowling W/ Alison 	EBP Class W/ PIC 	Stretching w/ Derryck 	Bead Activity W/ Alisson 	
11:00 AM	Lunch 	Lunch 	Lunch 	Lunch 	Lunch 	Lunch 	Lunch 	Lunch 	Lunch 	
12:00 PM	Community Walk 	Dance w/ Derryck 	Exercise w/ Kerry 	Community Walk 	Dance w/ Derryck 	Exercise w/ Kerry 	Community Walk 	Dance w/ Derryck 	Community Walk 	Dance w/ Derryck 
1:00 PM	Karaoke W/ Alison 	Crafts 	Tech Ed Class 	Bingo 	Decorations w/ Alison 	Tech Ed Class 	Bingo 	Loteria 	Loteria 	
2:00 PM	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	SBSS Movie Day 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Dance Party 			
3:00 PM	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	Table Top Games and Independent Time 	

Calendar subject to change