

APRIL: Parkinsons Awareness Month

IMPORANT DATES IN APRIL



Monday April 1st - April Fools Day

Monday April 15th - Tax Day

Friday April 19th - Pajama Day

Monday April 22nd - Earth Day & Passover

CELEBRATIONS



Earth Day Dance Party

Friday April 19th

Birthday Celebrations & Potluck

Monday April 29th

EDUCATION



Voter Registration Presentation & Assistance

Tuesday April 9th, 10am-1p

iPad Classes w/ Paula

Wednesdays 1pm



FITNESS

Bingocize: 10am Monday & Wednesday

Stretching (Derryck): 10am Tuesday & Thursday

Dance (Derryck): 12pm Tuesday & Thursday

Yoga (Kerry): 12pm Wednesday

Senior Exercise (Kerry): 1pm Wednesday

FIELD TRIPS



Friday 12th

The Getty Center

Monday 15th

Univeral Studios CityWalk



Monday 22nd

Peterson Automotive Museum



HEALTH CORNER

Healthy Eating on a Budget Presentation

Friday April 19

12pm-1pm

Queens Care Health Screenings

April 3rd & April 17th

8am-2pm

Music Mends Minds - Sing Along

April 5th & April 19th

1pm-2pm

April

April 2024

Echo Park
1021 N. Alvarado St
Los Angeles, CA 90026
8:00 am - 4:00 pm





Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:00 AM	Current Events	Chess	Coloring	Chess	Coloring
9:00 AM	Coffee w/ Miguel	Word Search	Live Sports	Word Search	Neighborhood Photography Walk
10:00 AM	Bingocize	Stretching w Derryck	Bingocize	Stretching w Derryck	Paint & Sip
11:00 AM	Lunch	Lunch	Lunch	Lunch	Lunch
12:00 PM	Mexican Train Dominoes	Dancing w Derryck	Yoga w/ Kerry	Dancing w Derryck	TV Exercise
1:00 PM	TV Exercise	Bingo	Exercise w/ Kerry	Loteria	Bracelet Making
2:00 PM	Ping Pong	Table Games	Movie Night w/ Andy	Table Games	End of Week Dance Party
3:00 PM	Darts	Music Relaxation		Music Relaxation	

