



ACTIVE OLDER ADULT PROGRAMMING APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

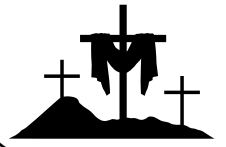
12:30 - 1:30 pm
Bible Study ESY

1pm Parkinson's
Support Group ESY

2

3

GOOD FRIDAY



6

CORE Table at GLY
9am - 11am



National
Donate Life
Month

7

10am - 12pm
CommuniTea GLY

8

**LUNCH & LINE
DANCE 12:30 pm
Hose Co 27**

12:30 - 1:30 pm
Bible Study ESY

9

Tech Time - get tech
help on your phone
and laptop 11am CTY

10

Blood Pressure Checks
9am GLY
Heart Healthy Nutrition
talk 9:30am GLY

LINE DANCE 10am CTY

13

Keeping Kids Safe in
the Digital Space
Talk 9am GLY

**LUNCH & LINE
DANCE Noon
South Erie Turners**

14

Keeping Kids Safe in
the Digital Space
Talk 10am ESY

10am - 12pm
CommuniTea GLY

15

12:30 - 1:30 pm
Bible Study ESY

Understanding Self-
hypnosis for Well-
being 1pm ESY

Better Balance Through
Guided Meditation and
Self-hypnosis 1:30pm
ESY

16

17

Keeping Kids Safe in
the Digital Space
Talk 9am CTY

12pm - 2pm
Rosco's Meet & Greet

20

21

10am - 12pm
CommuniTea GLY

22

SPRING POT LUCK
11:30am ESY

23

24

LINE DANCE 10am
CTY

APRIL 20 - 24 IS ACTIVE OLDER ADULT WEEK AT EASTSIDE Y! SEE BACK FOR DETAILED SCHEDULE
STOP BY AND CHECK OUT THE BASKET RAFFLE! DRAWING 4/30

27

28

10am - 12pm
CommuniTea GLY

29

30

RAFFLE DRAWING
STARTS Noon ESY