



ACTIVE OLDER ADULT PROGRAMMING APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3
12:30 - 1:30 pm
Bible Study ESY
1pm Parkinson's
Support Group ESY

4

5
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
BONUS LINE DANCE!
10am 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**

Active Older Adults Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am - 8:45am Silver Sneakers Classic Curtis - Gilmore Gym	8:00am - 8:45am Silver Sneakers Classic Curtis - Gilmore Gym	8:00am - 8:45am Silver Sneakers Enerchi Curtis - Gilmore Gym	11:15am - 12:00pm Silver Sneakers Classic Deb - Studio 1	8:00am - 8:45am Silver Sneakers/ BOOM Muscle Curtis - Gilmore Gym
9:30am - 10:25am Line Dance Karen - Studio 1		11:00am - 11:30am Zumba Toning Gold Kellie - Studio 1		8:00am - 9:00am Latin Dance Olga - Studio 1
11:00am - 11:45am Silver Sneakers Classic Curtis - Gilmore Gym		11:00am - 11:45am Silver Sneakers Enerchi Curtis - Gilmore Gym		11:00am - 11:45am Silver Sneakers/ BOOM Muscle Curtis - Gilmore Gym
1:00pm - 1:45pm Silver Sneakers Classic Deb - Studio 1				1:00pm - 1:45pm Silver Sneakers Classic Deb - Studio 1
				SATURDAY *Takes place on 1 st & 3rd Saturday*
				11:00am - 12:00pm Chair Yoga Hope - Holistic Center
				12:00pm - 12:45pm Silver Sneakers Classic Deb - Studio 1



Glenwood Park YMCA