



The Thompson

Your resource to age well

PROGRAM CALENDAR - APRIL 2026				
Mon	Tue	Wed	Thu	Fri
		1	2	3
		10 Advanced Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	10 Cribbage 10-12 Morning Jam 10:30 Strength/Stretch 10:30-11:30 Tech Tutoring 1 Mens Yoga 1:30 Art with ArtisTree 3 Bone builders	10 Beginner Tai Chi 10 Ping Pong 10 BINGO 1 Mahjong 1 The American Revolution Documentary 1:30 Line Dancing
6	7	8	9	10
8-3 Tax Assistance 10 BINGO 10 Ping Pong 11 World Virtual Tour 1 Gentle Yoga 1:30 Brain Games	Reflexology 10:30 Chair Yoga 1 Mahjong 2 Macy's Flower Show Virtual Program 3 Bone Builders	10 Advanced Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	9 Mens Yoga 10 Cribbage 10:30 Strength/Stretch 1 Community Connections 3 Bone builders	10 Beginner Tai Chi 10 Ping Pong 10 BINGO 1 Mahjong
13	14	15	16	17
8-3 Tax Assistance 10 BINGO 10 Ping Pong 1 Gentle Yoga 1:30 Brain Games	10:30 Chair Yoga 12 Caregiver Support Group 1 Mahjong 1 AARP Fraud Talk 3 Bone Builders	8:30 Board Meeting 10 Advanced Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength/Stretch 10-12 Morning Jam 1 Mens Yoga 2-3 Tech Tutoring 3 Bone builders Volunteer Appreciation/Casino	10 Beginner Tai Chi 10 Ping Pong 10 BINGO 11 Grief Support Group 1 Mahjong
20	21	22	23	24
10 BINGO 10 Ping Pong 1 Gentle Yoga 1:30 Brain Games	Reflexology 9:30 Commodities 10:30 Chair Yoga 1 Mahjong 1 Master Class Series 3 Bone Builders	10 Advanced Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Book Group	Birthday Day 10 Cribbage 10:30 Strength/Stretch 12:45 Music with Liz Reedy / Fairy Hair 1 Mens Yoga 3 Bone builders	10 Tea with the Girl Scouts 10 Beginner Tai Chi 10 Ping Pong 10 BINGO 1 Mahjong
27	28	29	30	
8:30-3 Foot Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga 1:30 Brain Games	10:30 Chair Yoga 1 Mahjong 1 Master Class Series 3 Bone Builders	10 Advanced Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Japanese Calligraphy	10 Cribbage 10-12 Morning Jam 10:30 Strength/Stretch 1 Mens Yoga 3 Bone builders	RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277