

April

2026

Monday

Tuesday

Wednesday

Thursday

Friday

30

- Balance & Mobility 2:15-3:00pm
- Cardio & Strength 3:15-4:00pm

31

- Community Ties 1:30-3:00pm

1

- Smart Recovery 3:00-4:30pm

2

- Queer Connections (Ages 14-19) 4:00-5:30pm

3



6



- Ear Acupuncture 1:30-2:30pm
- Balance & Mobility 2:15-3:00pm
- Cardio & Strength 3:15-4:00pm

7

- Dietitian Q & A 10:30-11:30am

8

- Smart Recovery 3:00-4:30pm

9

- Queer Connections (Ages 14-19) 4:00-5:30pm

10

- TGIF 1:30-3:00pm

13

- Balance & Mobility 2:15-3:00pm
- Cardio & Strength 3:15-4:00pm

14

- Community Ties 1:30-3:00pm

15

- Smart Recovery 3:00-4:30pm

16

- Queer Connections (Ages 14-19) 4:00-5:30pm

17

- Addiction Support Group 10:00-11:30am

20

- Ear Acupuncture 1:30-2:30pm
- Balance & Mobility 2:15-3:00pm
- Cardio & Strength 3:15-4:00pm

21

22

- Smart Recovery 3:00-4:30pm

23

- Queer Connections (Ages 14-19) 4:00-5:30pm

24

- TGIF 1:30-3:00pm

27

- Strategies for Today Therapy Drop-In 3:00-4:00pm
- Client Advisory 3:00-4:00pm
- 2SLGBTQ+ Youth Social (Ages 10-13) 4:00-5:30pm

- Balance & Mobility 2:15-3:00pm
- Cardio & Strength 3:15-4:00pm

28

- Community Ties 1:30-3:00pm

29

- Smart Recovery 3:00-4:30pm

30

- Queer Connections (Ages 14-19) 4:00-5:30pm

1