

# APRIL 2026 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

| MON  | TUE  | WED   | THU  | FRI  |
|--|--|---|--|--|
| <p><b>Tech Tutor</b><br/>4/13 9:30-11:30am<br/>Mid-Content Public Library will teach you features on your smartphone, tablet or laptop. Sign up for a 1:1 appointment to ask and learn your tech.</p>    | <p><b>VETERANS</b> <br/><b>Coffee &amp; Donuts</b> <br/>If you are a Veteran, come join your fellow Veterans for coffee, donuts and conversation.<br/><b>Tuesday, Apr. 28 at 8am</b></p>   | <p>1<br/><b>MYSTERY Craft with Jeff</b><br/><b>CRAFT CLUB</b> 9-11am<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p<br/><b>ARMCHAIR TRAVELERS</b><br/>Visit <b>Yellowstone</b>, 1pm</p> | <p>2<br/><b>COUNTRY MUSIC MAKERS</b><br/>Live Bluegrass 9-10:30am 🎵<br/><b>Garden Club</b> 12:45pm</p>   | <p>3<br/><b>BINGO!</b> 10-11am<br/><b>Rest&amp;Restore</b> w/ Kim 12:30p<br/><b>NAME THAT TUNE</b> 1:00p</p>   |
| <p>6<br/><b>Dulcimer North presents</b><br/><b>TRADITIONAL IRISH MUSIC</b><br/>10-11am<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p<br/><b>Senior Planet</b> Tut. 1pm</p>                                  | <p>7<br/><b>Wii Bowling</b> 9-11am <br/><b>ANALOG FUN</b> 9-11am<br/><b>12:30 Matinée</b></p>   | <p>8<br/><b>CRAFT CLUB</b> 9-11am<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p (Group Ex Room)<br/>🎵 <b>Senior Karaoke!</b> 🎵<br/>After lunch, 12:45pm</p>                            | <p>9<br/><b>COUNTRY MUSIC MAKERS</b><br/>Live Bluegrass 9-10:30am 🎵<br/><b>Garden Club Workday</b><br/>12 -2pm</p>   | <p>10<br/><b>BINGO!</b> 10-11am<br/><b>Rest&amp;Restore</b> w/ Kim 12:30p<br/><b>Cornhole &amp; Connect 4</b><br/>On the patio if it's nice,<br/>Inside if it's Missouri 12:30p</p>                    |
| <p>13 🎵 <b>Music with Rachelle</b> 🎵<br/>10:00-11:00am<br/><b>Tech Tutor</b><br/>9:30-11:30am<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p<br/><b>Senior Planet</b> Tut. 1pm</p>                           | <p>14<br/><b>Wii Bowling</b> 9-11am <br/><b>ANALOG FUN</b> 9-11am<br/><b>12:30 Matinée</b></p>  | <p>15<br/><b>CRAFT CLUB</b> 9-11am<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p (Group Ex Room)<br/><b>shirt happens.</b><br/>Make your own T-Shirt! 1pm</p>                          | <p>16<br/><b>COUNTRY MUSIC MAKERS</b><br/>Live Bluegrass 9-10:30am 🎵<br/><b>Garden Club</b> 12:45pm</p>  | <p>17<br/><b>BINGO!</b> 10-11a<br/><b>Rest&amp;Restore</b> w/ Kim 12:30p<br/><b>DOG SOCIAL</b> 1:00p<br/>(At Century Bark Dog Park)</p>  |
| <p>20 🎵 <b>Senior Karaoke!</b> 🎵<br/>9:30-11:00am<br/><b>Fall Prevent. w/ Mobile OT</b><br/>ESH 11:35a<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p<br/><b>Tech Basics 4</b><br/><b>Caregiving</b> 1pm</p> | <p>21<br/><b>Wii Bowling</b> 9-11am <br/><b>ANALOG FUN</b> 9-11am<br/><b>DOMINOES</b> (after lunch) <br/><b>12:30 Matinée</b></p>   | <p>22<br/><b>CRAFT CLUB</b> 9-11am<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p (Group Ex Room)<br/><b>ARMCHAIR TRAVELERS</b><br/>Visit <b>The Galappos</b>, 1pm</p>                  | <p>23<br/><b>COUNTRY MUSIC MAKERS</b><br/>Live Bluegrass 9-10:30am 🎵<br/><b>G. C. Workday</b> 12 -1pm<br/><b>Cooking Class</b><br/><i>A Taste of Morocco</i> 1pm</p> | <p>24<br/><b>BINGO!</b> 10-11am<br/><b>Birthday Celebration!</b><br/><b>Rest&amp;Restore</b> w/ Kim 12:30p<br/>Game Show <b>JEFFARDY!</b><br/>Trivia 1:00p</p>   |
| <p>27 🎵 <b>Music with Rachelle</b> 🎵<br/>10:00-11:00am<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p (Group Ex Room)<br/><b>Senior Planet</b> Tutorials<br/>1pm</p>   | <p>28 <b>VETERANS</b> <br/><b>Coffee &amp; Donuts</b> 8am <br/><b>Wii Bowling</b> 9-11am <br/><b>ANALOG FUN</b> 9-11am<br/><b>Spring Activity</b> ESH 11:35a<br/><b>12:30 Matinée</b></p> | <p>29<br/><b>CRAFT CLUB</b> 9-11am<br/><b>Rise &amp; Thrive</b> w/ Kim 12:20p (Group Ex Room)<br/><b>MEET INTERGENERATIONAL</b><br/>1pm</p>   | <p>30<br/><b>COUNTRY MUSIC MAKERS</b><br/>Live Bluegrass 9-10:30am 🎵<br/><b>AI &amp; Disinformation</b><br/>12:45pm</p>  | <p><b>shirt happens.</b><br/>The Sr. Center Cricut Design Team will help you make your own personalized, custom, 100% unique T-shirt from design to cutting and pressing. BYOTS! Sign up required.</p> |

## SENIOR FITNESS CLASSES

Daily on weekdays in the Group Exercise Room, sponsored by Clay County Senior Services. Free for all residents over the age of 60.

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|---|---|---------------------------------|---|---|
| Silver HIIT 7:15-7:45<br>Aging Effortlessly 10:00 | Silver Strong 7:15-7:45<br>Stretch & Restore 8:00 | Silver Move & Stretch 7:15-7:45 | Silver Strong 7:15-7:45<br>Stretch & Restore 8:00 | Stretch & Mobility 7:15-7:45<br>Drum Fit 9:00 |
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