

April 2026




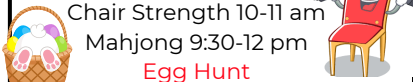









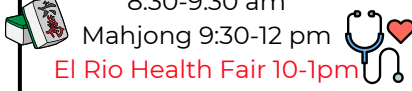

Monday

Tuesday

Wednesday

Thursday

Friday

<p>PCOA Meal Program 60+ Monday-Friday 12-1 pm \$2 suggested daily donation Registration required Sign up due the Tuesday week prior</p>	<p>Ask front desk staff about virtual exercise programs including; yoga, tai-chi, & chair fitness</p> 	<p>1 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 10:30 am Farkle 1-3 pm</p>	<p>2 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am</p>	<p>3 PCOA EnhanceFitness 8:30-9:30 am Chair Strength 10-11 am Mahjong 9:30-12 pm Egg Hunt Chance to win a prize! 10 am Sewing Club 12:30-2 pm</p> 
<p>6 PCOA  8:30-9:30 am Chair Strength 10-11 am Farkle 12:30-2 pm</p> 	<p>7 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm</p>  <p>Sign up for Meals for next week!</p>	<p>8 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 10:30 am Textured Painting 10:30-11:30 am Farkle 1-3 pm</p>	<p>9 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am</p>	<p>10 PCOA  8:30-9:30 am Mahjong 9:30-12 pm Chair Strength 10-11 am Bingo 10-11:30 am Sewing Club 12:30-2 pm</p> 
<p>13 PCOA Enhanced Fitness 8:30-9:30 am Chair Strength 10-11 am Farkle 12:30-2 pm</p>	<p>14 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Craft with Staff 10:30 am</p> <p>Sign up for Meals for next week!</p> 	<p>15 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 10:30 am Stirring the Pot 10:30 am Farkle 1-3 pm</p> 	<p>16 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am Brain Games 1 pm</p>	<p>17 PCOA Enhanced Fitness 8:30-9:30 am Chair Strength 10-11 am Mahjong 9:30-12 pm Sewing Club 12:30-2 pm</p> 
<p>20 PCOA Enhanced Fitness 8:30-9:30 am Chair Strength 10-11 am Farkle 12:30-2 pm Pima County Fair 3-6pm</p> <p>WE'RE GOING ON A FIELD TRIP!</p>	<p>21 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Painting with Carol 10:30 am</p> <p>Sign up for Meals for next week!</p>	<p>22 PCOA  8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 10:30 Textured Painting 10:30-11:30 am Farkle 1-3 pm Earth Day! Bring your own plate and silverware today </p>	<p>23 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am</p> 	<p>24 PCOA EnhanceFitness 8:30-9:30 am Mahjong 9:30-12 pm El Rio Health Fair 10-1pm Chair Strength 10-11 am Bingo 10-11:30 am Sewing Club 12:30-2 pm</p> 
<p>27 PCOA Enhanced Fitness 8:30-9:30 am Chair Strength 10-11 am Farkle 12:30-2 pm</p>	<p>28 Active Fitness 8-8:55 am Active Fitness 9:05 -10 am Mahjong 10-2 pm Bunco 12:30-2 pm</p>  <p>Sign up for Meals for next week!</p>	<p>29 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 10:30 am Farkle 1-3 pm</p>	<p>30 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am Beyond Walls Bingo 1 pm</p>	<p>Events in Red require preregistration. Some programs have a fee. Please check with front desk staff</p>