

# April 2024



We are located at:  
43767 15th Street W.  
in Lancaster!

Mark your  
calendars for our  
2024  
*Senior Expo!*

*Thursday 10/17/24*

Nominate a deserving  
senior for the  
“Senior of the Year!”  
Forms are at the front desk

HDMG is excited to announce the  
re-opening of our  
Enrichment center on

**April 24th, 2024  
from 10a-3p!**

We invite you to share in the fun as  
you get to know about HDMG and  
the lifestyle opportunities we  
provide our senior members  
through fitness, activities, &  
social interaction!!!

*Please RSVP one week in  
advance for all  
activities that are in  
Green font!  
RSVP to Debbie @  
(661) 582-8524*

Mon	Tue	Wed	Thu	Fri
<p><b>1 Center</b> Mexican Train 9:30 a Canasta 1p Gym: Sit &amp; Be Fit w/Maggi 9-10a <i>Line Dancing 10-11a Emily</i></p>	<p><b>2 Center</b> Cribbage 9a Mahjong 10a <i>Bingo 2p</i> Gym: Power up w/Maggi 9a</p>	<p><b>3 Center</b> <i>Movie Matinee 2p</i> Gym: Sit &amp; Be Fit w/Maggi 9-10a Hula w/ Lia! 11a-12p</p>	<p><b>4 Center</b> <i>Bocce Ball 9a</i> <i>Physical Wellness 11a</i> <i>(Join the race)</i> <i>Story Scribbles 2p</i> Gym: Barbara Peaceful Mind Chair Yoga 10a</p>	<p><b>5 Center</b> Grief 10:30-11:30a <i>Around the Table 1p</i> <i>Fun for all...</i> Gym: Emily Arthritis &amp; Joint Exercise 9a Move &amp; Groove 10-11a</p>
<p><b>8 Center</b> Mexican Train 9:30 a Canasta 1p Gym: Sit &amp; Be Fit w/Maggi 9-10a <i>Line Dancing 10-11a Emily</i></p>	<p><b>9 Center</b> Cribbage 9a Mahjong 10a <i>Bingo 2p</i> Gym: Power up w/Maggi 9a</p>	<p><b>10 Center</b> <i>Birthday Celebration 2p</i> Gym: Sit &amp; Be Fit w/Maggi 9-10a Hula w/ Lia! 11a-12p Belly Dancing w/Lia 12-1 p</p>	<p><b>11 Center</b> <i>Bocce Ball 9a</i> <i>Social Wellness 11a</i> <i>“Art from the Heart”</i> <i>Story Scribbles 2p</i> Gym: Barbara Peaceful Mind Chair Yoga 10a</p>	<p><b>12 Center</b> Grief 10:30-11:30a <i>Around the Table 1p</i> <i>Fun for all...</i> Gym: Emily Arthritis &amp; Joint Exercise 9a Move &amp; Groove 10-11a</p>
<p><b>15 Center</b> Mexican Train 9:30 a Canasta 1p Gym: Sit &amp; Be Fit w/Maggi 9-10a <i>Line Dancing 10-11a Emily</i></p>	<p><b>16 Center</b> Cribbage 9a Mahjong 10a <i>Bingo 2p</i> Gym: Power up w/Maggi 9a</p>	<p><b>17 Center</b> <i>Countries &amp; Culture 2p</i> <i>(Come travel to Brazil)</i> Gym: Sit &amp; Be Fit w/Maggi 9-10a Hula w/ Lia! 11a-12p</p>	<p><b>18 Center</b> <i>Bocce Ball 9a</i> <i>Spiritual Wellness 11a</i> <i>(Meditation w/Barbara)</i> <i>Story Scribbles 2p</i> Gym: Barbara Peaceful Mind Chair Yoga 10a</p>	<p><b>19 Center</b> Grief 10:30-11:30a <i>Around the Table 1p</i> <i>Fun for all...</i> Gym: Emily Arthritis &amp; Joint Exercise 9a Move &amp; Groove 10-11a</p>
<p><b>22 Center</b> Mexican Train 9:30 a Canasta 1p Gym: Sit &amp; Be Fit w/Maggi 9-10a <i>Line Dancing 10-11a Emily</i></p>	<p><b>23 Center</b> Cribbage 9a Mahjong 10a No Bingo!!! No Gym:</p>	<p><b>24 Center</b> <i>Open house 10-3p</i> Gym: Hula w/ Lia! 11a-12p Belly Dancing w/Lia 12-1 p</p>	<p><b>25 Center</b> <i>Bocce Ball 9a</i> <i>Occupational Wellness 11a</i> <i>(Happiness Happens)</i> <i>Story Scribbles 2p</i> Gym: Barbara Peaceful Mind Chair Yoga 10a</p>	<p><b>26 Center</b> Grief 10:30-11:30a <i>Around the Table 1p</i> <i>Fun for all...</i> Gym: Emily Arthritis &amp; Joint Exercise 9a Move &amp; Groove 10-11a</p>
<p><b>29 Center</b> Mexican Train 9:30 a Canasta 1p Gym: Sit &amp; Be Fit w/Maggi 9-10a <i>Line Dancing 10-11a Emily</i></p>	<p><b>30 Center</b> Cribbage 9a Mahjong 10a <i>Bingo 2p</i> Gym: Power up w/Maggi 9a</p>	<p>If you have questions regarding Alignment, Esmeralda will be on-site April 25th @ 8am! RSVP to (661) 972-9547</p>	<p>If you have questions regarding Scan, Esmeralda will be on-site April 29th @ 8am! RSVP to (661) 972-9547</p>	<p>Schedule your 2024 Senior Wellness Visit by calling the HDMG Living Well Resource Center @ 661-726-3848!</p>