

ACTIVITY SCHEDULE*For activity information,**Call: 760-767-3116**10am-2pm, M-F***Borrego Seniors Community Center****April 2026****ACTIVITY SCHEDULE***At 580 Circle J Dr.**Entrance faces Cahuilla Rd**All are welcome, FREE**Donations Accepted*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:00 am Qigong For Health Rick Madden 1:00 pm BRIDGE	2 10:00 am DVD Exercise Stretching 11:30 am Fascia Movement Silvia	3 8:00 am Qigong For Health Advanced 12:00 pm Cribbage and Cornhole Jigsaw Puzzle Jamboree
6 8:00 am Qigong For Health Rick Madden 12:00 pm Crafting Group Fabric Doll Project	7 10:00 am DVD Exercise Muscle Mass 	8 8:00 am Qigong For Health Rick Madden 1:00 pm BRIDGE	9 10:00 am DVD Exercise Balance 11:30 am Fascia Movement Silvia	10 8:00 am Qigong For Health Advanced 12:00 pm Cribbage and Cornhole Jigsaw Puzzle Jamboree
13 8:00 am Qigong For Health Rick Madden 12:00 pm Crafting Group Fabric Doll Project	14 10:00 am DVD Exercise 1:00 pm Dementia Caregiver Support Group	15 8:00 am Qigong For Health Rick Madden 1:00 pm BRIDGE	16 10:00 am DVD Exercise Cardio 11:30 am Fascia Movement Silvia	17 8:00 am Qigong For Health Advanced 12:00 pm Cribbage and Cornhole Jigsaw Puzzle Jamboree
20 8:00 am Qigong For Health Rick Madden 12:00 pm Crafting Group Fabric Doll Project	21 10:00 am DVD Exercise Flexibility 	22 8:00 am Qigong For Health Rick Madden 1:00 pm BRIDGE	23 10:00 am DVD Exercise Strength 11:30 am Fascia Movement Silvia	24 8:00 am Qigong For Health Advanced 12:00 pm Cribbage and Cornhole Jigsaw Puzzle Jamboree
27 8:00 am Qigong For Health 12:00 pm Crafting Group	28 10:00 am DVD Exercise 1:00 pm Dementia Group	29 8:00 am Qigong For Health 1:00 pm BRIDGE	30 10:00 am DVD Exercise 11:30 am Fascia Silvia	