*C-NET Board of Directors Meeting (April 8, 2025)*

Wednesday, April 16 – 8:00 p.m.

Thursday, April 17 – 12:00 p.m.

Friday, April 18 – 12:00 a.m. & 4:00 p.m.

Sunday, April 20 – 7:00 a.m. & 8:00 p.m.

*Chair Yoga*

Monday, April 14 – 8:30 a.m. & 6:00 p.m.

Tuesday, April 15 – 6:30 a.m. & 8:30 a.m.

Wednesday, April 16 – 8:30 a.m.

Thursday, April 17 – 5:00 p.m.

Saturday, April 19 – 8:30 a.m.

*Gentle Yoga*

Monday, April 14 – 6:00 a.m. & 10:00 a.m.

Tuesday, April 15 – 6:00 p.m.

Friday, April 18 – 6:00 a.m. & 10:00 a.m.

Saturday, April 19 – 6:00 a.m.

Sunday, April 20 – 6:00 a.m.

*Moving Freely*

Monday, April 14 – 7:00 a.m.

Tuesday, April 15 – 5:00 p.m.

Wednesday, April 16 – 7:00 a.m.

Friday, April 18 – 7:00 a.m.

*RU Curious?: Temple Art with Mohamed Sleiman Labat & Dr. Ann Holt (April 10, 2025)*

Monday, April 14 – 11:00 a.m.

Wednesday, April 16 – 9:00 a.m.

Thursday, April 17 – 7:00 p.m.

Saturday, April 19 – 12:00 a.m.

Sunday, April 20 – 3:00 p.m.

*Strength Training for Senior Citizens*

Tuesday, April 15 – 7:00 a.m. & 4:00 p.m.

Thursday, April 17 – 4:00 p.m.

Friday, April 18 – 9:00 a.m.

Saturday, April 19 – 7:00 a.m.

*Weather Or Not*

Thursday, April 17 – 6:15 p.m.

Friday, April 18 – 5:45 a.m. & 8:15 p.m.

Saturday, April 19 – 2:45 p.m.

*White House Chronicle*

Monday, April 14 – 5:00 p.m.

Thursday, April 17 – 6:30 p.m.

Saturday, April 19 – 5:30 a.m.

*Zesty Chair Exercises*

Monday, April 14 – 8:00 a.m. & 5:30 p.m.

Tuesday, April 15 – 8:00 a.m.

Wednesday, April 16 – 8:00 a.m.

Thursday, April 17 – 5:30 p.m.

Friday, April 18 – 8:00 a.m.

Saturday, April 19 – 8:00 a.m.

Sunday, April 20 – 2:30 p.m.