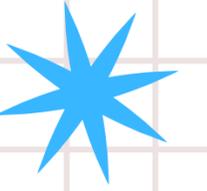


WHAT'S HAPPENING?

APRIL 2026



- APRIL 1** **FOOD BANK - 9:00AM - 12:00PM**
- APRIL 2** **EASTER FEAST - Longwood Room**
- APRIL 3** **CENTER CLOSED**
- APRIL 7** **Randy Chang on the Piano - 12:00PM - Longwood Room**
Train Club 11:30AM Longwood Room
- APRIL 9** **BIRTHDAY DAY!**
FREE ICE CREAM courtesy of Bryan Realty Group - 12:00PM Longwood Room
Dynomite Dancers Perform 11:45AM Longwood Room
Dover Police Dept 12:00PM
CHRISTIANA CARE MOBILE VAN - 11:30AM Outside Back Parking Lot
- APRIL 11** **Ida's Line Dance Event - Longwood Room**
- APRIL 14** **Train Club 11:30AM Longwood Room**
Mary Helen Wallace Performs - Longwood Room - 12:00pm
- APRIL 21** **Randy Chang on the Piano - 12:00PM Longwood Room**
DINNER DANCE 6:00PM East Wing Ballrooms
Train Club 11:30AM Longwood Room
- April 23** **Loretta & Les Perform - Longwood Room 11:45am**
- APRIL 28** **Train Club 11:30AM Longwood Room (Last Day)**
David Lowe Performs - Longwood Room - 12:00pm

PROGRAMS AT A GLANCE!

YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

MONDAY

Medicare Counseling

9:00AM AR#1
By Appointment Only

TUESDAY

Bible Study

9:30AM-10:15AM AR #7

Gospel Singing Workshop

10:00AM-10:45PM AR #3

Train Club

11:30AM-1:30PM Longwood

Visually Impaired Support Group

12:00PM-2:45PM AR #3
3rd Tuesday each Month

Hearing Loss Circle Chats

1:00PM-2:00PM AR #7
1st Tuesday each Month

Signs & Wonders

3:30PM-4:30PM AR #4

WEDNESDAY

Quilters

9:00AM-11:45AM AR #1

Meditation

10:00AM-11:00AM AR# 8

Massage Therapy \$\$

10:30AM-3:00PM AR #7
By Appointment Only

Bible Study

11:00AM-11:45AM AR #3

Conversational Italian

11:00AM-12:00PM AR #4

Class Ends: May 13th

Twisted Stitchers

12:00PM-2:45PM AR #1

Bereavement Support

12:30PM-2:30PM AR #4
2nd Wednesday of each Month

THURSDAY

Visually Impaired Support Group

10:00AM-11:45AM AR #3

Book Club

12:00PM-1:00PM AR #1
Last Thursday each Month

Cell Phone & Computer Tutor \$\$

12:00PM-3:00PM AR #6
By Appointment Only

FRIDAY

Foot Doctor \$\$

8:30AM-12:00PM AR #6
By Appointment Only

P.U.S.H.

9:00AM-10:00AM
West Conference Room

Needlework

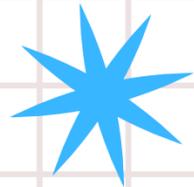
9:00AM-2:00PM AR #3

Green Thumb Garden Club \$\$

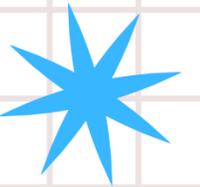
9:30AM-11:30AM AR #1
Class Ends: May 15th

Pum Up Your Brain

1:00PM-2:15PM AR #1



PALMER ROOM CLASSES



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

MONDAY

Low Impact Aerobics
8:45AM - 9:45AM

Beginner Line Dance
10:00AM - 10:45AM

Couples Partner Dancing
11:00AM - 11:45AM

Soulsations
12:30PM - 1:15PM

Broadway Advanced
1:30PM - 3:15PM

TUESDAY

Get Up and Move
8:00AM - 8:45AM

Dancing In Your Chair
9:00AM - 9:45AM

Bingocize
10:00AM - 10:45AM

Improver Line Dance
11:00AM - 11:45AM

Contemporary Line Dance
12:00PM - 12:45PM

WEDNESDAY

Beginner Line Dance
9:30AM - 10:45AM

Soulsations
11:15AM - 12:00PM

Ran's Tai Chi \$\$
1:30PM - 2:30PM
Wellness Center Class

Tai Chi with Donna \$\$
2:30PM - 3:30PM
Wellness Center Class

THURSDAY

Intermediate Line Dance
9:00AM - 9:45AM

Improver Line Dance
10:00AM - 11:15AM

Contemporary Line Dance
11:30AM - 12:15PM

**Delaware Diamonds
Double Dutch**
12:30PM - 2:45PM

Intro to Theater
2:00PM - 3:15PM

FRIDAY

Low Impact Aerobics
8:45AM - 9:45AM

Dancing In Your Chair
10:15AM - 11:00AM

Bingocize
11:15AM - 12:15PM

**Extreme Beginners
Line Dance**
1:00PM - 2:45PM



GAME ON!



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

MONDAY

Duplicate Bridge
9:30AM-2:00PM AR #4

Scrabble
12:00PM-3:00PM AR #8

Pinochle
12:00PM-4:00PM AR #8

Rummikub
12:30PM-2:45PM AR #4

Bid Whist
2nd & 4th Week each Month
12:00PM-4:00PM AR #8

TUESDAY

Mahjong
11:30AM-2:45PM AR #4

Chicken Foot
11:30AM-2:45PM AR #4

Bid Whist
12:00PM-4:00PM AR #8

Pinochle
2nd & 4th Week each Month
12:00PM-4:00PM AR #8

WEDNESDAY

Scrabble
12:00PM-3:00PM AR #8

Pinochle
12:00PM-4:00PM AR #8

Dominoes
12:30PM-2:45PM AR #3

Bid Whist
2nd & 4th Week each Month
12:00PM-4:00PM AR #8

THURSDAY

Chess
9:00AM-11:45AM AR #4

Bridge
12:00pm-2:45pm AR #3

Mahjong
12:00PM-2:45PM AR #4

Chicken Foot
12:00PM-2:45PM AR #4

Bid Whist
12:00PM-4:00PM AR #8

Pinochle
2nd & 4th Week each Month
12:00PM-4:00PM AR #8

FRIDAY

Duplicate Bridge
10:30AM-2:45PM AR #4

Chicken Foot
12:00PM-3:00PM AR #8

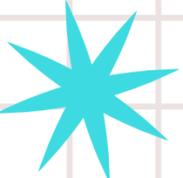
Scrabble
12:00PM-3:00PM AR #8

Pinochle
12:00PM-4:00PM AR #8

Bid Whist
2nd & 4th Week each Month
12:00PM-4:00PM AR #8



MMC FITNESS & POOL CLASS SCHEDULE



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

MONDAY

Aqua Mobility
with Mindy
12:00PM - 1:00PM

TUESDAY

Early Risers
Aqua Aerobics
7:30AM - 8:30AM

Aqua Aerobics
with Betsy
9:30AM - 10:30AM

Aquacise
with Ray
2:00PM - 3:00PM

WEDNESDAY

Aqua Mobility
with Mindy
12:00PM - 1:00PM

THURSDAY

Aqua Aerobics
with Betsy
11:15AM - 12:15P

Aquacise
with Ray
2:00PM - 3:00PM

FRIDAY

Aqua Aerobics
with Betsy
9:30AM - 10:30AM

Water Volleyball
2:00PM - 3:40PM

How do you take an instructor-led Aqua Class?

1. You **MUST** register in the Fitness Center.
2. You **MUST** be a member of the MMC.
3. After you have registered, you will purchase a (Blue) Aqua Aerobics Punch Card for \$60 from Member Services.