



# APRIL 2021

DEPT. OF SENIOR AFFAIRS

## Virtual Programming Schedule

Please visit [cabq.gov/seniors/virtual](http://cabq.gov/seniors/virtual) for more virtual programming.

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SUN	MON	TUE	WED	THU	FRI	SAT
				1 Facebook Live Gentle Exercise 9:00am Virtual Friendship Coffee 9:00am contact: ahamel@cabq.gov	2	3
4	5	6 Facebook Live Aerobics Class 9:00am	7 Facebook Live Bingo 1:30pm	8 Facebook Live Gentle Exercise 9:00am	9 Facebook Blow Dryer Painting 10:00am (pre-recorded)	10
11	12 Facebook Dancing with Julio 10:00am (pre-recorded)	13 Facebook Live Aerobics Class 9:00am	14	15 Facebook Live Gentle Exercise 9:00am Virtual Friendship Coffee 9:00am contact: ahamel@cabq.gov	16	17
18	19	20 Facebook Live Aerobics Class 9:00am	21 Facebook Live Bingo 1:30pm	22 Facebook Live Gentle Exercise 9:00am	23	24
25	26 Facebook NDB Kitchen Staff Update 10:00am (pre-recorded)	27 Facebook Live Aerobics Class 9:00am	28	29 Facebook Live Gentle Exercise 9:00am	30	