**Bus Trips**

**Senior Adult Growth Exchange (SAGE)** Tuesdays at 9am. $7.
Pre-registration: 780-4406.

- 4/1 Chemistry, Philosophy, and Presidencies: The Possibilities are Endless?
- 4/8 Helping Behaviorally Challenging Kids: A New Model
- 4/15 Human Spaceflight: Where Have We Been? Where Are We Going?
- 4/22 Ocean Acidification: The Other CO2 Problem
- 4/29 Out of the Dark: How We Changed Light and Light Changes Us

**Lunch at Southern Maine Community College, Culinary Arts**
Wednesday, 4/9 at 11:30am.
Sign up by 4/7.

**Portland Conservatory of Music Free Noonday Concerts**
Thursdays at 11:30am at First Parish Church.
Sign up by Tuesday prior. Stairs required to access the building.

- 4/3 Peter Mezoian, banjo
- 4/10 Michael Albert, oboe
- 4/17 PCM Faculty: Joshua DeScherer, bass; Michael Albert oboe; Mark Tipton, trumpet
- 4/24 Jordan Benissan, African Drums

**Maine Mall**
Wednesday, 4/30 at 12:30pm.
Sign up by 4/28.

**Portland Stage’s Tribes**
Thursday, 4/17 at 11:30pm.
Sign up by 4/15.

A dysfunctional family is forced to reconsider relationships and communication when their son, Billy—born deaf but not aware of “deaf culture”—meets Sylvia, a young woman from a deaf family. Tickets:

774-0465. Handicap accessible / assisted hearing devices available / large print playbills available.

**Portland Symphony Orchestra**
Sunday Classical: Brahms Symphony No. 3, Sunday, 4/27.
Sign up by 4/25. Tickets: 842-0800. Request accessible seating when purchasing your ticket if needed.

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**Cultural and Educational Programs**

**Travelogues with Mel Stone**
Tuesdays at 7pm in Meeting Room 1:
- 4/1 The Caribbean: Islands of Eden
- 4/15 Tall Ship High Seas Adventure
- 4/22 India
- 4/29 America’s Amazing Places with Bob DeLos

**Current Events Discussion Group**
Fridays at 2pm in the Living Room.

**One on One Computer Coaching with Michael Michaelson**
Wednesdays from 2pm - 4pm. Sign up at the Front Desk for a 30-minute session.

**Portland Stage Company’s Page to Stage at The Atrium: Tribes and The Savannah Disputation with Dan Burson**
3pm in the Living Room.

**Michael Parent, Storyteller**
Thursday, 4/5 at 3pm in Meeting Room 2.

**General Eisenhower with Historian Jerry Wiley**
Thursday, 4/24 at 5:15pm in Meeting Room 2.

**Entertainment and Socials**

**Charlie’s Angels Blackjack with Genie Nakell**
Tuesdays at 3pm in Meeting Room 2.

**Members Social Hour**
Monday - Saturday at 4:30pm in the Computer Room and Café. Bring your own beverage and join your friends before dinner.

**Bridge**
Thursdays at 7pm in Computer Room and Living Room. Les Brewer will be on hand in the Living Room to give instruction.

**In House Movies**
Shows are every Friday at 7pm, Saturday and Sunday at 2pm and Sunday evenings at 7pm. All movies are made possible by Nancy Goddard. Weekend movie selection is posted in the mailroom Friday afternoons.

**Game Days**
Are every Saturday at 3pm in the Atrium. No game day 4/19. Members will decide on the game of the day.

**Rummikub**
Sundays at 3pm in the Computer Room.

**Mahjong with Charlotte Rodetsky**
Mondays at 2pm in the Computer Room and Café.

**April Birthday Celebration**
Monday, 4/7 at 4pm in the Atrium and Lounge. Celebrate the birthdays of Laverne Jeschke, Bill Lehman, Betty Jarratt, Les Brewer and Gloria Hodgson.

**Make Your Own Greeting Cards with Kathy Candage**
Wednesday, 4/9 at 3pm in Meeting Room 2.

**MIT Concert Band**
Saturday, 4/19 at 3pm in the Atrium. The MIT Concert Band was founded by students in the fall of 1948 and directed for 51 years by Conductor Laureate John D. Corley. In addition to performing works of well-known twentieth-century composers such as Hindemith, Copland, and Schoenberg, the Band has commissioned over 60 pieces for this unique musical genre.

**O Sole Trio**
Wednesday, April 23 at 7pm in the Atrium and Lounge.

**Member Wine & Cheese**
Monday, 4/28 at 4pm in the Atrium and Lounge.

**Wellness**

**VNA Blood Pressure Clinic**
Wednesday, 4/9 and 4/23 from 2:30-5pm in the Wellness Office.

**The Cedars Memory Support Group with Lenora Russel**, 
**RN**
Thursday, 4/10 at 3:30pm in the Hoffman Center Therapeutic Rec. Room.

**Call The Osher Inn at 221-7150 to RSVP.**

**Audiology with Faye Sandler**
Wednesday, 4/16 from 8:30 - 10:30am in the Osher Inn Study.

**Call April MacDonald at 221-7150 to schedule your appointment.**

**The Cedars Caring For The Caregiver Support Group with Michele Rollins, MS OTR/L**
Wednesday, 4/16 at 3pm in Meeting Room 2. Come discuss communication skills, self-care, managing stress, and share stories and support one another.

**Podiatry with Dr. Rybka**
Thursday, 4/22 at 8:30am in the Salon.

**Fitness Classes**

**AquaCize with Janine**
M/W/F 9:30am - 10:15am

**Strength Training with Janine**
M/W/F 10:30am - 11:30am

**T’ai Chi with Fred**
Tu 10:30am - 11:30am.

**Train Your Brain with Janine**
Tu/Th 1:30pm - 2:30pm in Meeting Room 1.

**Cardiovascular workouts and brain-stimulating exercises.**

**Integrative Yoga with Jessica**
Thursdays from 10am - 11am in Meeting Room 2.

**Religious Observances**

**Catholic Rosary and Communion**
Sundays at 10am in the Hoffman Center TR.

**Catholic Communion Services**
Sundays at 11:15am in the Library.
Inform the Front Desk if you wish to receive Catholic Communion in your apartment or attend the service in the Library.

**Shabbat**
Fridays at 4pm with Maxine and Susan in the Living Room.

**Catholic Mass with Father Regan**
Thursday, 4/10 and 4/24 at 9:45 in the Bernstein Chapel.

**First Evangelical Service**
Saturday, 4/17 at 10:30am in the Hoffman Center TR.

**St. Luke’s Church Service**
Thursday, 4/10 and 4/24 at 9:45 in the Bernstein Chapel.

**Yitzkor Service**
Tuesday, April 22 at 3pm in The Hoffman Center Bernstein Chapel.

**Special Thanks**

Mel Stone (Tuesday night Travelogues and walking course)
Betty Bailey, Eileen Balladur, and Margot Cliff (work in the Library)
Gloria Hodgson, (paintings)
Anita Wallerstein (plants and table centerpieces)
Mary Lou Martindell (New Member Life Stories)
Charlotte Rodetsky (Mahjong)
Paul Korpela (photos and video)
Charlotte Rodetsky (Mahjong)
Margaretmary McCann (Book Discussion Group)