



*Josephine's Place*  
 622 Elizabeth Avenue  
 Elizabeth, New Jersey 07206



# April

# 2018

2	Tuesday	Physical Exercise*	12:00pm	1:00pm
5	Thursday	Leadership Workshop 2*	10:00am	11:30am
5	Thursday	Yoga	6:30pm	7:30pm
6	Friday	Health & Wellness Depression & Diabetes	11:00am	12:00pm
6	Friday	Dancing Into Life *	12:00pm	2:00pm
9	Monday	Haircuts*	10:00pm	12:00pm
10	Tuesday	Madre a Madre	9:00am	10:00am
10	Tuesday	Tai Chi	11:15am	12:15pm
10	Tuesday	Beginner's Crochets*	1:00pm	2:15pm
10	Tuesday	Advanced Knitting & Crochet *	2:15pm	3:45pm
11	Wednesday	Autism Support Group	10:00am	11:00am
12	Thursday	Leadership Workshop 3	10:00am	11:00am
12	Thursday	Yoga	6:30pm	7:30pm
13	Friday	CPR Renewal Workshop *	9:00am	11:00am
13	Friday	Building Healthy Relationship *	10:00am	12:00pm
13	Friday	Health & Wellness Blood Pressure & Cholesterol	11:00am	12:00pm
13	Friday	Dancing Into Life *	12:00pm	2:00pm
17	Tuesday	Tai Chi	11:15am	12:15pm
17	Tuesday	Physical Exercise *	12:00pm	1:00pm
19	Thursday	Leadership Workshop # 3	10:00am	11:30am
19	Thursday	Yoga *	6:30pm	7:30pm
20	Friday	Ayurveda Workshop *	10:00am	12:00pm
20	Friday	Dancing Into Life *	12:00pm	2:00pm
24	Tuesday	Madre a Madre	9:00am	10:00pm
26	Thursday	Yoga *	6:30pm	7:30pm
26	Thursday	Leadership Workshop #4	10:00am	11:30am
27	Friday	Building Healthy Relationship	10:00 am	12:00pm

**\*WEEKLY OPEN CLASSES\***

MONDAYS	Quilting/Sewing	9:30am 11:30am
TUESDAYS	English Conversation	10:00am 11:00/6pm-7:30 pm
THURSDAYS	Scrapbooking	4:00pm 5:30pm
	English Conversation	4:30pm 6:00pm