*2024 Rose Cologne Volunteer Recognition Dinner (April 25, 2024)*

Monday, April 29 – 11:00 a.m.

Wednesday, May 1 – 9:00 a.m.

Thursday, May 2 – 7:00 p.m.

Saturday, May 4 – 12:00 a.m.
Sunday, May 5 – 3:00 p.m.

*Chair Yoga*

Monday, April 29 – 8:30 a.m. & 6:00 p.m.

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

Wednesday, May 1 – 8:30 a.m.

Thursday, May 2 – 5:00 p.m.

Saturday, May 4 – 8:30 a.m.

*Community Conversations: “Health and Wellness in the LGBT+ Community: The Importance of Gender Affirming Care” (April 18, 2024)*

Monday, April 29 – 3:00 p.m.

Tuesday, April 30 – 7:00 p.m.

Wednesday, May 1 – 12:00 p.m.

Thursday, May 2 – 9:00 a.m.

Saturday, May 4 – 3:00 p.m.

Sunday, May 5 – 11:00 a.m.

*Gentle Yoga*

Monday, April 29 – 6:00 a.m. & 10:00 a.m.

Tuesday, April 30 – 6:00 p.m.

Friday, May 3 – 6:00 a.m. & 10:00 a.m.

Saturday, May 4 – 6:00 a.m.

Sunday, May 5 – 6:00 a.m.

*Moving Freely*

Monday, April 29 – 7:00 a.m.

Tuesday, April 30 – 5:00 p.m.

Wednesday, May 1 – 7:00 a.m.

Friday, May 3 – 7:00 a.m.

*Strength Training for Senior Citizens*

Tuesday, April 30 – 7:00 a.m. & 4:00 p.m.

Thursday, May 2 – 4:00 p.m.

Friday, May 3 – 9:00 a.m.

Saturday, May 4 – 7:00 a.m.

*Weather Or Not*

Thursday, May 2 – 6:15 p.m.

Friday, May 3 – 5:45 a.m. & 8:15 p.m.

Saturday, May 4 – 2:45 p.m.

*White House Chronicle*

Monday, April 29 – 5:00 p.m.

Thursday, May 2 – 6:30 p.m.

Saturday, May 4 – 5:30 a.m.

*Zesty Chair Exercises*

Monday, April 29 – 8:00 a.m. & 5:30 p.m.

Tuesday, April 30 – 8:00 a.m.

Wednesday, May 1 – 8:00 a.m.

Thursday, May 2 – 5:30 p.m.

Friday, May 3 – 8:00 a.m.

Saturday, May 4 – 8:00 a.m.

Sunday, May 5– 2:30 p.m.