

APRIL CALENDAR OF EVENTS

Hello members:

Spring has finally arrived! There is something energizing about April that makes you think of possibilities: longer days, green leaves popping out on trees, flowers blooming — a time of new beginnings and fresh starts. What better way to welcome spring than by incorporating fun Esprit activities.

April is Autism Awareness Month and Parkinson's Awareness Month. Earth Day and Arbor Day also happen in April, so there's plenty to keep us occupied during the month and remind us to be more intentional about caring for the people we love and the planet.



Wednesday April 3, 2024

ZUMBA WITH SANDY

Our members are taking advantage of our several options for healthy exercise this winter and Zumba is one of the best! Zumba helps you get off the couch and burn calories, enjoy great music, get energized and boost your mood at the same time. Join Sandy for a great workout. for body and mind! Bring water.

Methodist Church

57 Pond Street, Osterville, MA

6:30 - 7:30 p.m.

Thursday April 4, 2024

CARD MAKING with Sue and Cre

Cre and Sue love making cards and can't wait to share their love with you! They will teach technique and design classes for card makers like you, whether you're a beginner or have been making cards for years. Let Sue and Cre help your creative dreams come true.

Please bring \$3.00 for supplies. We are limited in space for 12 waitlists if needed.

Methodist Church

57 Pond Street, Osterville, MA

6:00-7:15 p.m.

Monday April 8, 2024

EXERCISE WITH CAREY

Want to reduce body fat, increase lean muscle mass and burn calories more efficiently? Strength training to the rescue! Strength training is a key component of overall health and fitness for everyone. Lean muscle mass naturally diminishes with age. Your body fat percentage will increase over time if you don't do anything to replace the lean muscle you lose over time. Strength training can help you preserve and enhance your muscle mass at any age.

Bring Yoga mats and Bring water!

Methodist Church

57 Pond Street, Osterville, MA

5:30 – 6:30 p.m.

Tuesday April 9, 2024

BEADING CLASS WITH ERIN

With a bit of creativity, almost anything can be upcycled: Erin believes in this so much she has started her own business where she sells handmade craft items at local vendors on Main Street in Hyannis. Erin has made a name for herself with the local artist community on Cape Cod. Come and join Erin and make bracelets or keychains.

Please bring \$4.00 for supplies. We are limited to space for 12, waitlists if needed.

Methodist Church

57 Pond Street, Osterville, MA

6:00 PM – 7:00PM

Wednesday April 10, 2024

BOWLING AT TEN PINS

Bowling season continues at Ten Pin in the Cape Cod Mall. We can have some friendly competitions with our friends with the large bowling ball. You can bring your own ball if you have it and water!!

Ten Pin Eatery

769 Iyannough Road Hyannis, MA

6:00-7:15 p.m.

Thursday April 11, 2024

POOL PARTY AT SANDYS

I am excited for another pool party in Sandy's warm saltwater pool! Join us this month for games, exercise, and water dancing for healthy aerobic exercise (and a little aqua therapy!) to burn some calories and reduce stress.

Sandy's Pool

105 Redlands Road, East Falmouth, MA

6:00p.m. -7:00 p.m

Sunday April 14, 2024

PLAYERS REHEARSAL

Rehearsals continue with new musical material that will be used in our first 2024 performance. Work on your music at home and be prepared to practice with the whole troupe at our group rehearsal. Please come to rehearsal prepared. **Bring water!**

Methodist Church

57 Pond Street, Osterville, MA

3:30 – 5:00 p.m.

Tuesday April 16, 2024

GAME NIGHT WITH SUE

Our longest running Club activity is still a favorite for our members. Join us for Bingo and prizes and catch up with what's happening with your Club friends. Hope you're a winner!

Methodist Church

57 Pond Street, Osterville, MA

6:00-7:15 p.m.

Wednesday April 17, 2024

YOGA WITH MICHELE

Everyone I know needs a second night of Yoga this month!! Come stretch, work on balance, strengthening and relaxing with Yoga friends. Bring your mat and water.

Methodist Church

57 Pond Street, Osterville, MA

6:00-PM-7:15 PM

Thursday April 18, 2024

SSP FIELD TRIP

Calling all SSP photographers to attend our spring field trip with Helen. We will practice all of the photo techniques we discussed at the last meeting while walking The **Mary Dunn Trail** in **Hyannis, Massachusetts** is a delightful 6.0-mile loop trail within the **Hyannis Ponds Management Area**. It's a serene escape for nature enthusiasts, offering a blend of birdwatching, mountain biking, and leisurely walks.

MARY DUNN Trail

Hyannis, Mary Dunn Rd.

MA 02601

5:00 pm Till Dusk

Friday April 19, 2024

ARTSY SOCIAL WITH CAPE COD CAN –*Wait List if Needed*

In April, Cape Cod CAN!'s artists will help everyone make fun crafts/ art projects and serve dinner.

Cotuit Center for the Arts – Art Studio

4404 Falmouth Road, Cotuit, MA

6:00 – 7:30 p.m.

Saturday April 20, 2024

GUYS DAY OUT - PAINTBALL

\$40.00 per person and money for dinner after. Paintball includes a mix of physical activity, teamwork, and, best of all, it is FUN!

During the games, each player can find a role to play with various positions, strategies, and game objectives. What sets our paintball game courses apart from the norm is that we are paintball players ourselves and each course is planned out to maximize, both, the fun and challenge of paintball.

Players need to work as a team, communicating and making fast decisions, to complete each mission. This makes paintball a perfect team-building activity, whether it's for a birthday party, a family outing, or a corporate group. Paintball is an action-packed game that can be enjoyed by anyone over the age of 8.

P&L Paint Ball

1221 Bedford St

Bridgewater MA

12:30 PM till the fun is done.

Sunday April 21, 2024

PLAYERS REHEARSAL

In addition to talent, creativity and showmanship, we know how important practice is to produce a successful show. Be sure to attend these important rehearsals to prepare for the best possible performance. *Bring water!*

Methodist Church

57 Pond Street, Osterville, MA

3:30PM-5:00PM

Monday April 22, 2024

VISION BOARD WITH NANCY

What Is a Vision Board?

A vision board is usually a collage of images that represent goals and dreams. It can include cut-out pictures from magazines and words that help inspire you to manifest your dreams and get where you want to go (here is a complete guide on how to manifest something). Although vision boarding is a commonly used tool, there is not a lot of research on its effectiveness. Initial research suggests it can help us more easily reach our goals. This may be due to how vision boards help us gain self-awareness and self-reflect on what is important to us. Vision boards may also help us imagine what a positive future could look like for us. Imagining a positive future is a helpful way to increase positive emotions and optimism. And positive emotions often create opportunities and increase the chances of success.

Methodist Church

57 Pond Street, Osterville, MA

6:00PM – 7:15PM

Thursday April 25, 2024

KARAOKE

Warming your vocal cords and giving your charming voice a chance to represent can be a great way to loosen up from your daily hectic schedule. It becomes cherry on the top when karaoke parties are performed and enjoyed with your friends. If you would like to have dinner and or a beverage, please bring money with you. **I will need everyone to send me the song you want to perform no later than Monday April 22. Thank you!**

TBD no longer at MUSIC ROOM When a new location is found we will share details

Saturday April 27, 2024

ESPRIT SPRING SPLASH

A Spring fundraising Event for Esprit!

Splash into the Atlantic Ocean on several of the beautiful beaches of Cape Cod on the Last Saturday of April. Help raise money for a great cause. This is not an event for the faint of heart. It is, however, quite an attention-getter. Share with friends and family to join in the splash or donate to Esprit and make it a memorable cold plunge.

To register, please email shannin@espritpfi.org

Why Donate to Esprit: ESPRIT PFI. provides opportunities for inclusion and active participation in the arts and fun activities for people with disabilities on Cape Cod. We continue to look for opportunities to bring the arts and fun activities, education to underserved populations on Cape Cod.

Weekly visits with clients in their homes are the unseen supports that keep our individuals safe, successful, and thriving. Esprit caseworkers attend to individual needs in the areas of adult health, food skills and nutrition, money management, home care, employment, transportation, recreation, and personal issues while collaborating with families, medical providers, employers and more.

Monday April 29, 2024

ART CLASS WITH JEN

The perfect class to learn drawing, painting, watercolor, pastel and mixed media art skills for seasoned artists and beginners.

Methodist Church

57 Pond Street, Osterville, MA

6:00PM – 7:15PM
