SOAR@DORR
SERVING OLDER ACTIVE RESIDENTS

APRIL REVISED 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 *Chair Yoga 11am-12pm Bunco 1-3pm Euchre 1-3pm ELECTION DAY SOAR IS OPEN ***	**2** Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm SOAR Advisory Mtg. 1-2:30pm Canasta 1:30-3:30pm	**3** *Tai Chi 9:30-10:30am BYO Lunch & Bingo ($3) 12-2:30pm Supper Club @Jameson's Charhouse 5-7pm *Must pre-register. *Meet at the restaurant.	**4** *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm	**5**
6	**7** *Balance, Strength & Stretch w/ Cindy 10-11am Cool Beads 11am-12:30pm SOAR Reads! Book Club 1-2:30pm NEW TIME! *Tai Chi 5-6pm	**8** *Chair Yoga 11am-12pm The Breakfast Club for Men @ Isabel's 8-9:30am Brown Bag Lunch & Movie 1-3pm *Please pre-register. Euchre 1-3pm	**9** Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm WEDNESDAY WORKSHOP Yoga & Stress Relief by Northwestern Medicine *Please pre-register. 1-2:30pm Canasta 1:30-3:30pm	**10** *Tai Chi 9:30-10:30am Fried Chicken Lunch ($5) & Bingo ($3) 12-2:30pm *Must pre-register and pre-pay. TRIVIA NIGHT @ Stage Left Cafe 7-9pm *Please pre-register.	**11** *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm	**12** SOAR Explorers Art in Bloom @Rockford Art Museum 11-2:30pm *Meet at the Museum *Please pre-register
13 Changed Date	**14** AARP Safe Driving Class 9:30-1:30 *Must pre-register, pre-pay and attend both days. *Balance, Strength & Stretch w/ Cindy 10-11am SOAR Reads! Book Club 1-2:30pm SOAR EXPLORERS Mtg. 1-2:30 NEW TIME! *Tai Chi 5-6pm	**15** AARP Safe Driving Class 9:30am-1:30pm *Must pre-register, pre-pay and attend both days. *Chair Yoga 11am-12pm Bunco 1-3pm Euchre 1-3pm JEN'S DIY WORKSHOP: Spring Floral Wreaths 2-3:30pm *Please pre-register and pre-pay.	**16** Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm FIBER ARTS 1-3:30pm *Please sign up, and bring your projects! Canasta 1:30-3:30pm	**17** *Tai Chi 9:30-10:30am BYO Lunch & Bingo ($3) 12-2:30pm Social Hour @Moontime Smokin' Que 5-7pm *Please pre-register at SOAR. *Meet at the restaurant.	**18** GOOD FRIDAY SOAR IS CLOSED. *** SOAR Explorers Outing Dr.Scott Bonn, Serial Killer Expert @ Woodstock Opera House 7:00-9:30pm *Pre-register & pre-pay.	**19**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 **Changed Date** Easter	21 *Balance, Strength & Stretch w/Cindy 10-11am Cool Beads 11am- 12:30pm WORKSHOP WEDNESDAY Yoga & Stress Relief by Northwestern Medicine 1-2:30 *Please pre-register *Tai Chi 5-6pm	22 *Chair Yoga 11am-12pm Brown Bag Lunch & Movie 1-3pm *Please pre-register. Euchre 1-3pm EARTH DAY	23 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm WEDNESDAY WORKSHOP Recyling Explained 1-2:30pm *Please pre-register. Canasta 1:30-3:30pm	24 *Tai Chi 9:30-10:30am ***************************** RESCHEDULED Fried Chicken Lunch ($5) & Bingo ($3) 12-2:30pm *Must pre-register and pre-pay. *****************************	25 NO KEEP FIT STRONG Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm	26
27	28 *Balance, Strength & Stretch w/Cindy 10-11am Plant Swap *Bring one Get one! 1-3pm *Please pre-register. *Tai Chi 5-6pm	29 *Chair Yoga 11am-12pm Euchre 1-3pm	30 Cribbage 9-10am TOPS! 9:30-11am *NO KEEP FIT & STRONG Poker 10am-12pm LUNCH DATE @ Crandall's 11:00-12:30pm *Must pre-register. *Meet at the restaurant. Canasta 1:30-3:30pm	National Garden Month NATIONAL HUMOR MONTH	National Poetry Month "POETRY IS WHEN AN EMOTION HAS FOUND ITS THOUGHT AND THE THOUGHT HAS FOUND WORDS." ROBERT FROST NATIONAL VOLUNTEER MONTH	UPDATED *as of 4/11/25 Please check back often for updates!

SOAR@Dorr is located in the Dorr Township Building at: 1039 Lake Ave, Woodstock

The SOAR entrance is on the *west* side of building.

Hours: 9am-4pm, Monday-Friday.   Evening/Weekend activities are as noted on the calendar.

All wellness/fitness classes are $5 per class - but try your first one of each type for free!

A $25, 8-punch fitness pass is available which does not expire, and is transferable to all fitness/wellness classes.

Questions?   Call: 815-338-0125

Ask for: Laura Wassinger, Director of Programming, or Lynda Rohe, Director of Services & Education

Email: lauraw@dorrtownship.com or lynda@dorrtownship.com

Website: www.dorrtownship.com/soar@dorr