



April 2025



GenPride Center Activities - 1521 Broadway Suite A, Seattle WA 98122

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 12:00p - Lunch 1:00p- Gender & Pronoun Activities	2 2:00p - Writer's Group 2:00p - Embracing Your Elderhood Group	3 12:00p - Lunch 12:00p - Tech Support 4:00p - Women's Discussion Group	4
7 10:00a - Yoga 1:30p - Powerful Tools for Caregivers Class	8 12:00p - Lunch 5:00p - Grief & Loss Support Group	9 1:00p - Trans Support Group	10 12:00p - Lunch 12:30p - SoundGen Nutrition Presentation	11
14 10:00a - Ballet 1:30p - Powerful Tools for Caregivers Class	15 12:00p - Lunch	16 2:00p - Writer's Group 2:00p - Embracing Your Elderhood Group	17 12:00p - Lunch 12:00p - PACE Blood pressure checks 12:00p - Tech Support 4:00p - Women's Discussion Group	18
21 10:00a - Yoga 1:30p - Powerful Tools for Caregivers Class	22 12:00p - Lunch 5:00p - Grief & Loss Support Group	23 1:00p - Trans Support Group	24 12:00p - Lunch 12:45p - Hearing, Speech, & Deaf Center Presentation	25
28 10:00a - Ballet 11:30a - BIPOC Lunch 1:30p - Powerful Tools for Caregivers Class	29 12:00p - Lunch	30	Ongoing tabling * PEER Seattle * Fred Hutch Cancer Center	



April 2025

GenPride Online Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 3:45p - Strength & Balance	2 3:30p - Yoga	3	4
7	8 3:45p - Strength & Balance	9 3:30p - Yoga	10	11 10:30a - Qigong
14	15 3:45p - Strength & Balance	16 3:30p - Yoga	17	18 10:30a - Qigong
21	22 3:45p - Strength & Balance	23 3:30p - Yoga	24	25 10:30a - Qigong 6:00p - Scarecrow Movie Club
28	29 3:45p - Strength & Balance	30 3:30p - Yoga		