

Ongoing Events

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>TRE Lunch 11am</b> Knitting 9-11am Sr. Exercise 10:30-11:30am Bingo 1pm Duplicate Bridge 1-5 Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm	<b>TRE Lunch 11am</b> Ceramics 9am-3pm Knitstas 10-1pm Silver Yoga 10:30-11:30am Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm Sr. Table Tennis 12:30-3pm Dominos & Pinochle 1-3pm	<b>North Co. Lunch 11am</b> Sr. Crafting 10am-12pm Sr. Exercise 10:30-11:30am Mah Jong 11-3:30pm Bridge 12:30-4pm Bingo 1pm Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm Cribbage 6-9pm	<b>TRE Lunch 11am</b> TOPS 8:15-10:15am Silver Yoga 10:30-11:30am Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm Sr. Table Tennis 3-5pm Dominos & Pinochle 1-3pm	<b>North Co. Lunch 11am</b> Ceramics 9am-3pm Sr. Exercise 10:30-11:30am Bingo 1pm Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm

For more information  
 contact the  
**Senior Center**  
 775-782-5500 Ext. 1

\*Events are held at the Douglas County Community & Senior Center unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Access to Healthcare 9-3pm Blind/Low Vision 10am Boxing for Life 1:30 - 2:30 pm	2 Live Music Vet Advocate 9-12pm
5 Live Music Boxing for Life 1:30 - 2:30 pm	6 Chess 1pm	7 Live Music Diabetes Support 9:30am Tech Training 2:30 - 4:30pm	8 Boxing for Life 1:30 - 2:30 pm	9 Blind/Low Vision Tech. Training 12:30 - 2:30pm
12 Live Music Boxing for Life 1:30 - 2:30 pm	13 Live Music Chess 1pm	14 <b>BIRTHDAY DAY!</b> YAH 50/50 Raffle Coping W/Change 9:30am	15 Boxing for Life 1:30 - 2:30 pm Diabetes Support 9:30am Craft Day 1-4pm	16 Live Music Vet Advocate 9-12pm
19 Live Music Boxing for Life 1:30 - 2:30 pm	20 Live Music Chess 1pm <b>BP Checks -                      TRE 12:15-12:45pm</b> Movers & Shakers 1-2pm	21 <b>BP Checks -10:45-11:45am</b> Tech Training 2:30 - 4:30pm	22 Boxing for Life 1:30 - 2:30 pm	23 Blind/Low Vision Tech. Training 12:30 - 2:30pm
26 Live Music Boxing for Life 1:30 - 2:30 pm	27 Live Music Chess 1pm	28 Coping W/Change 9:30am Dementia & Alzheimer's Support 10:30-11:30am <b>BP Checks -                      North Co. 11:45am-12:15pm</b> ROVER (by appt only)	29 Boxing for Life 1:30 - 2:30 pm	30

Sertoma Bingo  
 Sunday  
 4th  
 11 AM



YAH Bingo  
 Sunday  
 18th  
 11 AM

