

Ongoing Events

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
TRE Lunch 11am Knitting 9-11am Sr. Exercise 10:30-11:30am Bingo 1pm Duplicate Bridge 1-5 Sr. Walk 12:30-2pm Pickleball 10-11am & 1-2pm	TRE Lunch 11am Ceramics 9am-3pm Knitstas 10-1pm Silver Yoga 10:30-11:30am Sr. Walk 12:30-2pm Pickleball 10-11am & 1-2pm Senior Line Dance 10:30am Sr. Table Tennis 1-3pm Dominos & Pinochle 1-3pm	North Co. Lunch 11am Sr. Crafting 9am-12pm Sr. Exercise 10:30-11:30am Mah Jong 11-3:30pm Bridge 12:30-4pm Bingo 1pm Sr. Walk 12:30-2pm Pickleball 10-11am & 1-2pm Cribbage 6-9pm	TRE Lunch 11am TOPS 8:15-10:15am Silver Yoga 10:30-11:30am Sr. Walk 12:30-2pm Pickleball 10-11am & 1-2pm Sr. Table Tennis 1-3pm Dominos & Pinochle 1-3pm	North Co. Lunch 11am Ceramics 9am-3pm Sr. Exercise 10:30-11:30am Bingo 1pm Sr. Walk 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
3 Live Music	4 Live Music Chess 1pm	5 Diabetes Support 9:30am	6 Access to Healthcare 9-3pm Blind/Low Vision 10am	7 Live Music Vet Advocate 9-12pm
10 Live Music Parkinson's Boxing 1-2pm	11 Chess 1pm	12 BIRTHDAY DAY! YAH 50/50 Raffle Coping W/Change 9:30am	13	14 Blind/Low Vision Tech. Training 12:30 - 2:30pm
17 Live Music	18 Live Music BP Checks - TRE 12:15-12:45pm Chess 1pm	19 Live Music BP Checks -10:45-11:45am	20 Diabetes Support 9:30am Movers & Shakers 1-2pm Craft Day 1-4pm	21 Live Music Vet Advocate 9-12pm
24 Live Music Parkinson's Boxing 1-2pm	25 CENTER CLOSED	26 Coping W/Change 9:30am Dementia & Alzheimer's Support 10:30-11:30am BP Checks - North Co. 11:45am-12:15pm ROVER (by appt only)	27	28 Blind/Low Vision Tech. Training 12:30 - 2:30pm
31 Live Music				

Sertoma Bingo
 Sunday
 2nd
 11 AM



YAH Bingo
 Sunday
 16th & 30th
 11 AM



