

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 Live Music <b>Boxing for Life 1:30 - 2:30 pm</b>	2 Live Music Chess 1pm	3 Live Music Diabetes Support 9:30am Tech Training 2:30 - 4:30pm	4 Access to Healthcare 9-3pm Blind/Low Vision 10am <b>Boxing for Life 1:30 - 2:30 pm</b>	5 Live Music Vet Advocate 9-12pm
8 Live Music <b>Boxing for Life 1:30 - 2:30 pm</b>	9 Chess 1pm	10 <b>BIRTHDAY DAY!</b> YAH 50/50 Raffle Coping W/Change 9:30am	11 <b>Boxing for Life 1:30 - 2:30 pm</b>	12 Blind/Low Vision Tech. Training 12:30 - 2:30pm <b>TRE DANCE 6 pm</b>
15 Live Music <b>Boxing for Life 1:30 - 2:30 pm</b>	16 Live Music Chess 1pm <b>BP Checks - TRE 12:15-12:45pm</b> Movers & Shakers 1-2pm	17 <b>BP Checks -10:45-11:45am</b> Tech Training 2:30 - 4:30pm	18 <b>Boxing for Life 1:30 - 2:30 pm</b> Diabetes Support 9:30am Craft Day 1-4pm	19 Live Music Vet Advocate 9-12pm
22 Live Music <b>Boxing for Life 1:30 - 2:30 pm</b>	23 Chess 1pm	24 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)	25 <b>Boxing for Life 1:30 - 2:30 pm</b>	26 Blind/Low Vision Tech. Training 12:30 - 2:30pm
29 <b>Boxing for Life 1:30 - 2:30 pm</b>	30 Chess 1pm	31		

**Sertoma Bingo**  
**Sunday**  
**7th**  
**11 AM**



**YAH Bingo**  
**Sunday**  
**21st**  
**11 AM**

