

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

Sertoma Bingo  
 Sunday  
 3rd  
 11 AM



YAH Bingo  
 Sunday  
 17th & 31st  
 11 AM



