

2024

SENIOR ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<u>9:00 - 12:00 PM</u> 'STITCHES' KNITTING Ceramics Room	<u>9:00 AM - 3:00 PM</u> CERAMICS Ceramics Room	<u>9:00 AM - 12:00 PM</u> (2ND & 4TH WEDNESDAY) JEWELRY MAKING Ceramics Room	<u>10:00 AM - 12:00 PM</u> ICE CREAM SOCIAL Senior Dining Hall	<u>9:00 AM - 3:00 PM</u> CERAMICS Ceramics Room
<u>12:00 PM</u> LUNCH Senior Dining Hall	<u>12:00 PM</u> LUNCH Senior Dining Hall	<u>10:45 AM - 2:00 PM</u> AMERICAN MAH JONGG Small Craft Room	<u>12:00 PM</u> LUNCH Senior Dining Hall	<u>12:00 PM</u> LUNCH Senior Dining Hall
<u>12:00 - 5:00 PM</u> BRIDGE North Room	<u>12:00 - 4:00 PM</u> PARTY BRIDGE South Room	<u>12:00 PM</u> LUNCH Senior Dining Hall		<u>1:00 PM</u> BINGO Senior Dining Hall
<u>1:00 PM</u> BINGO Senior Dining Hall	<u>3rd Tues.</u> CVMC Room Parkinson's Support Group <u>1:00 PM</u>	<u>1:00 PM</u> BINGO Senior Dining Hall		
		<u>1:30PM-3:00PM</u> SIGN LANGUAGE CLASS South Room		
		<u>12:00 PM - 2:00 PM</u> UKULELE GROUP North Room		
		<u>4:00 PM - 6:30 PM</u> CRIBBAGE Senior Dining Hall		



**CHECK OUT OUR SENIOR TRIPS!
CHECK THE NEWSLETTER & SIGN UP AT
THE COMMUNITY CENTER FRONT DESK!**

➡ *PLEASE NOTE: You MUST Register & Pay to Reserve Your Spot.

2024



SENIOR DANCE & FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>10:00 AM-2:00 PM*</u> WALKING TRACK	<u>10:00 AM-2 PM*</u> WALKING TRACK	<u>10:00 AM- 2:00 PM*</u> WALKING TRACK	<u>10:00 AM- 2:00 PM*</u> WALKING TRACK	<u>10:00 AM- 2:00 PM*</u> WALKING TRACK
<u>10:30 AM*</u> SENIOR EXERCISE <i>Ranch View Room</i>	<u>10:30 AM</u> YOGA <i>Ranch View Room</i>	<u>10:30 AM*</u> SENIOR EXERCISE <i>Ranch View Room</i>	<u>10:30 AM</u> YOGA <i>Ranch View Room</i>	<u>10:30 AM*</u> SENIOR EXERCISE <i>Ranch View Room</i>
<u>12:00-1:00PM*</u> <u>1:00 PM - 2:00 PM*</u> Fit 4 Life Intro & Ongoing	<u>10:30-11:30 AM*</u> SENIOR LINE DANCING <i>South Room</i>	<u>12:00-1:00PM*</u> <u>1:00 PM - 2:00 PM*</u> Fit 4 Life Intro & Ongoing	<u>10:30-11:30 AM*</u> SENIOR LINE DANCING <i>South Room</i>	
	<u>6:00 PM</u> COUNTRY LINE DANCING <i>Gym Floor</i>		<u>12:30 -1:30 PM</u> TAP CLASS - BEGINNER <i>South Room</i>	
			<u>1:30 -2:30 PM</u> TAP CLASS - INTER. <i>South Room</i>	
			<u>6:00 PM</u> COUNTRY LINE DANCING <i>Gym Floor</i>	



**FREE
CLASSES**

DID YOU KNOW ?

We offer **FREE SENIOR** Exercise
Classes & Gym Walking Track

*Classes marked in **RED** are **FREE**

DOUGLAS COUNTY SENIOR CENTER