

ONGOING ACTIVITIES

All activities are open to registered seniors.

Schedule is subject to change. Activity Coordinators' contact information on page 2.

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30 pm: Art class	11:45 am: Grupo Cielo Azul (live music every other Tuesday)			1-3 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9:30 am: Yoga 1:30 pm: Oil painting (11/6, 11/20) 1:30 pm: Nia Technique (1 st & 3 rd Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Quilting (1 st & 3 rd Wednesday)	8:15 am: Tai Chi 9:30 am: Wood carving 10-11 am: Chi Gung (gentle exercise)	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room				
8 am-4:30 pm: Computer lab hours (<u>Wednesdays</u> , 10 am-noon, General Computer Instruction; <u>Fridays</u> , 10 am-noon, Online job/application assistance)				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full)	8:30 am: Zumba 9:30-11:30 am: Guitar class 11 am: Line dance (Beginner) noon: Line dance (High intermediate)	8:30 am: Yoga (class currently full) Noon: Grupo Cielo Azul (live music)	9 am: Tai Chi 10 am: Zumba	noon: Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	1 pm: Art class	9:30-10:30 am: Spanish class 1:30-3:30 pm: Ceramics	10 am: DanceAbility 1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

***NOTE: Please print your name on our activity sheets every time you participate.**