

## ***ONGOING ACTIVITIES***

**All activities are open to registered seniors.**

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

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

<b>Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:15 am:</b> Tai Chi <b>9-11 am:</b> Guitar class <b>9:30 am:</b> Enhance Fitness <b>1 pm:</b> Hospice Crafts <b>1-3 pm:</b> Bingo	<b>8:15 am:</b> Tai Chi <b>9 am:</b> Jewelry class <b>9:30 am:</b> Yoga <b>1:30 pm:</b> Oil painting 9/11, 9/25 <b>1:30 pm:</b> Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday)	<b>8:15 am:</b> Tai Chi <b>9:30 am:</b> Enhance Fitness <b>9:30 am:</b> Ceramics <b>1-3 pm:</b> Bingo <b>1-3 pm:</b> Quilting (1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday)	<b>8:15 am:</b> Tai Chi <b>9:30 am:</b> Wood carving <b>10-11 am:</b> Chi Gung (gentle exercise)	<b>9:30 am:</b> Enhance Fitness <b>9:30 am:</b> Ceramics <b>2 pm:</b> Knitting
<b>7 am-4:30 pm:</b> Pool/cards/billiard room <b>AND</b> Fitness room				
<b>8 am-4:30 pm:</b> Computer lab hours ( <u>Wednesdays</u> , 10 am-noon, General Computer Instruction; <u>Fridays</u> , 10 am-noon, Online job/application assistance)				

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

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

<b>Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>

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