

# 2022

# SENIOR ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>9:00 - 12:00 PM</u> <b>'STITCHES' KNITTING</b> <i>Ceramics Room</i></p> <p><u>12:00 PM</u> <b>LUNCH</b> <i>Senior Dining Hall</i></p> <p><u>12:00 - 5:00 PM</u> <b>BRIDGE</b> <i>North Room</i></p> <p><u>1:00 PM</u> <b>BINGO</b> <i>Senior Dining Hall</i></p>	<p><u>9:00 AM - 3:00 PM</u> <b>CERAMICS</b> <i>Ceramics Room</i></p> <p><u>12:00 PM</u> <b>LUNCH</b> <i>Senior Dining Hall</i></p> <p><u>3rd Tues.</u> <b>CVMC Room</b> <b>Parkinson's Support Group</b> <u>1:00 PM</u></p>	<p><u>9:00 AM - 12:00 PM</u> <b>JEWELRY MAKING</b> <i>Ceramics Room</i></p> <p><u>10:45 AM - 2:00 PM</u> <b>CHINESE MAH JONGG</b> <i>Small Craft Room</i></p> <p><u>12:00 PM</u> <b>LUNCH</b> <i>Senior Dining Hall</i></p> <p><u>1:00 PM</u> <b>BINGO</b> <i>Senior Dining Hall</i></p> <p><u>1:00 PM - 4:00 PM</u> <b>UKULELE GROUP</b> <i>North Room</i></p> <p><u>4:00 PM - 6:30 PM</u> <b>CRIBBAGE</b></p>	<p><u>10:00 AM - 12:00 PM</u> <b>ICE CREAM SOCIAL</b> <i>Senior Dining Hall</i></p> <p><u>12:00 PM</u> <b>LUNCH</b> <i>Senior Dining Hall</i></p> <p><b>3rd &amp; 5th-SATURDAY, BINGO 11:00 AM</b></p>	<p><u>9:00 AM - 3:00 PM</u> <b>CERAMICS</b> <i>Ceramics Room</i></p> <p><u>12:00 PM</u> <b>LUNCH</b> <i>Senior Dining Hall</i></p> <p><u>1:00 PM</u> <b>BINGO</b> <i>Senior Dining Hall</i></p>




**SENIOR ROAD TRIPS ARE BACK!!  
CHECK THE NEWSLETTER & SIGN UP AT  
THE COMMUNITY CENTER FRONT DESK!**

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

# 2022



# SENIOR DANCE & FITNESS CLASSES

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

*\*Classes marked in **RED** are **FREE**.*

# DOUGLAS COUNTY SENIOR CENTER

1329 Waterloo Lane, Gardnerville, NV. 89410 775-782-5500