

2023

SENIOR ACTIVITIES & EVENTS

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

2023



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