

Delmann Heights Programs

Youth Programs

Tuesday

- 3pm-4:30pm: Homework Help
- 4pm-5pm: ICAN Meal Time
- 4:30pm-5:30pm: Scrapbooking

Wednesday

- 3pm-4:30pm: Homework Help
- 4pm-5pm: ICAN Meal Time
- 4:30pm-5:30pm: Knitting

Thursday

- 3pm-4:30pm: Homework Help
- 4pm-5pm: ICAN Meal Time
- 4:30pm-5:30pm: Fine Arts

Friday

- 3pm-4:30pm: Homework Help
- 4pm-5pm: ICAN Meal Time
- 4:30pm-5:30pm: Arts & Crafts

Saturday

- 11:30pm-12:30pm: Garden/
Nutrition
- 1pm-2pm: Table Top Games
- 2pm-3pm: ICAN Meal Time
- 3:30pm-4:30pm: Comic Book Club

Adult Programs

Monday

- 10am-12pm: Senior Lunch
- 12pm-1pm: Senior Activities

Tuesday

- 9am-10am: Aerobics
- 10am-12pm: Senior Lunch
- 12pm-1pm: Senior Activities

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Friday

- 9am-10am: Aerobics
- 10am-12pm: Senior Lunch
- 12pm-1pm: Senior Activities

*Food Distribution is the 3rd
Wednesday of each month 9am-12pm

Delmann Heights Community Center
2969 North Flores Street
San Bernardino, CA 92407
(909)880-1362



**PARKS, RECREATION &
COMMUNITY SERVICES
DEPARTMENT**

**Parks
Make
Life
Better!**