

Friday Night Bingo

Age 18+ welcome

\$10 buy-in

Sales Open 4:30-5:50pm

Bingo Starts 6:00pm

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Free Cell Phone Help

iPhones-1st Wednesdays

Android-2nd Wednesdays

11am-Noon

Call 822-4608 to sign-up

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Join us for Waffle Wednesdays!

Last Wednesday of every month

9:00-10:30am

Enjoy a free waffle breakfast and
get info on Senior Center
programs.

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Trip Programs

Senior Day Trips

Collette Vacations

Domestic & International Travel

Call 822-4608 for available trips

The Yuba City Senior Activity

Center is dedicated to

providing quality recreation

programs and services to

seniors 50+ in the Yuba-Sutter

area. Visit or call for more

information. Open Monday-

Friday, 8am-4pm.



**City of Yuba City
Senior Activity Center**

777 Ainsley Ave.

(530) 822-4608

Open Monday-Friday 8am-4pm

Register for programs online:

www.yubacity.net/registration



FITNESS PROGRAMS

Monthly Enrollment Fees Vary

Fitness After 50

Tu/Th 10:30-11:30 am

Aerobic exercises set to energetic, upbeat music.

Body Toning

M/W 8:15-9:15 am

Build strength and endurance.

Yoga

Tu/Th 8:15-9:15 am

Hatha style yoga focusing on breathing in and out of traditional yoga poses with functional movements to increase mobility. Flow through a set of postures to improve balance and encourage strength and relaxation.

Yoga Balance

Tu/Th 9:30-10:15 am

Improve balance and circulation, improve flexibility and reduce stress with movements done seated and standing.

Tai Chi

Fri 10-11am

Simple flowing movements can help reduce and relieve joint stiffness to advance range of motion. This mindful practice focuses on body alignment, balance and breathing. The diverse benefits of Tai Chi can be experienced standing or sitting.

ART PROGRAMS

Monthly Enrollment Fees Vary

Pottery

Mon 2-4pm

Hand-build with clay to create bowls, small sculpture and other art pieces. Items are glazed and fired in kiln.

Ceramics

Wed 9am-Noon

Paint and finish greenware ceramics. A fun outlet for those artists who like to create. Beginner to advanced skill levels welcome. Pieces are glazed and fired in kiln, and make great gifts or household wares for yourself.

Fine Art

Tues 1:00-4:00 pm

Receive individualized instruction in any medium you choose. Beginners and advanced artists are welcome. Bring your own supplies.



ACTIVITY CARD PROGRAMS

The following programs are free with a current Activity Card.

\$9/quarter- residents

\$10/quarter-non-residents

\$36/year-residents

\$40/year-non-residents

Line Dancing

Intermediate Level-M/W 10am-12pm

Beginner Level-Thurs 11:45am-1:00pm

Watercolor Open Art Studio

Fridays 9am-Noon

Work on individual art projects in a supportive setting. Beginner and advanced artists welcome. Bring your own supplies. A list of suggested supplies can be provided.

Writer's Workshop

2nd & 4th Mondays 10-11:30am

For those who enjoy writing or would like to start. Prompted write, followed by sharing of writing with the group.

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Quilting– Fri @ 9-11am

Knitting-Tues @ 10am-12pm

Pinochle– M/Tu/Fri @ 12-3:30pm

Bridge– Tu/Fri @ 11:30am-3pm

Poker-Tues @ 12-3pm

Thursday Games -Thurs @ 12-3pm

Hand N Foot-Wed @ 10am-3pm