

APRIL 2024

SENIOR ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>9:00 - 12:00 PM</u> 'STITCHES' KNITTING Ceramics Room</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <p><u>12:00 - 5:00 PM</u> BRIDGE North Room</p> <p><u>1:00 PM</u> BINGO Senior Dining Hall</p>	<p><u>9:00 AM - 3:00 PM</u> CERAMICS Ceramics Room</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <p><u>12:00 - 4:00 PM</u> PARTY BRIDGE South Room</p> <div style="border: 2px solid green; border-radius: 15px; padding: 10px; margin-top: 10px;"> <p><u>3rd Tues.</u> CVMC Room</p> <p style="background-color: yellow; padding: 2px;">Parkinson's Support Group</p> <p><u>1:00 PM</u></p> </div>	<p><u>9:00 AM - 12:00 PM</u> (2ND & 4TH WEDNESDAY) JEWELRY MAKING Ceramics Room</p> <p><u>12:00 PM - 2:00 PM</u> AMERICAN MAH JONGG Small Craft Room</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <p><u>1:00 PM</u> BINGO Senior Dining Hall</p> <p><u>1:30PM-3:00PM</u> SIGN LANGUAGE CLASS South Room</p> <p><u>12:00 PM - 2:00 PM</u> UKULELE GROUP North Room</p> <p><u>6:00 PM - 8:00 PM</u> CRIBBAGE Senior Dining Hall</p>	<p><u>10:00 AM - 12:00 PM</u> ICE CREAM SOCIAL Senior Dining Hall</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <div style="border: 2px solid blue; border-radius: 20px; padding: 10px; margin-top: 20px; display: inline-block;"> <p>3rd SATURDAY, BINGO 11:00 AM</p> </div>	<p><u>9:00 AM - 3:00 PM</u> CERAMICS Ceramics Room</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <p><u>1:00 PM</u> BINGO Senior Dining Hall</p>




**CHECK OUT OUR SENIOR TRIPS!
CHECK THE NEWSLETTER & SIGN UP AT
THE COMMUNITY CENTER FRONT DESK!**

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

APRIL 2024



SENIOR DANCE & FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>10:00 AM-2:00 PM*</u> WALKING TRACK</p> <p><u>10:30 AM*</u> SENIOR EXERCISE <i>Ranch View Room</i></p> <p><u>12:00-1:00PM*</u> <u>1:00 PM - 2:00 PM*</u> Fit 4 Life Intro & Ongoing</p>	<p><u>10:00 AM-2 PM*</u> WALKING TRACK</p> <p><u>10:30 AM</u> YOGA <i>Ranch View Room</i></p> <p><u>10:30-11:30 AM*</u> SENIOR LINE DANCING <i>South Room</i></p> <p><u>6:00 PM</u> COUNTRY LINE DANCING <i>Gym Floor</i></p>	<p><u>10:00 AM- 2:00 PM*</u> WALKING TRACK</p> <p><u>10:30 AM*</u> SENIOR EXERCISE <i>Ranch View Room</i></p> <p><u>12:00-1:00PM*</u> <u>1:00 PM - 2:00 PM*</u> Fit 4 Life Intro & Ongoing</p>	<p><u>10:00 AM- 2:00 PM*</u> WALKING TRACK</p> <p><u>10:30 AM</u> YOGA <i>Ranch View Room</i></p> <p><u>10:30-11:30 AM*</u> SENIOR LINE DANCING <i>South Room</i></p> <p><u>12:30 -1:30 PM</u> TAP CLASS - <i>BEGINNER</i> <i>South Room</i></p> <p><u>1:30 -2:30 PM</u> TAP CLASS - <i>INTER.</i> <i>South Room</i></p> <p><u>6:00 PM</u> COUNTRY LINE DANCING <i>Gym Floor</i></p>	<p><u>10:00 AM- 2:00 PM*</u> WALKING TRACK</p> <p><u>10:30 AM*</u> SENIOR EXERCISE <i>Ranch View Room</i></p> 

**FREE
CLASSES**

DID YOU KNOW ?

We offer **FREE SENIOR** Exercise Classes & Gym Walking Track

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

DOUGLAS COUNTY SENIOR CENTER