

Ongoing Events

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>TRE Lunch 11am</b> Knitting 9-11am Sr. Exercise 10:30-11:30am Social Bingo 1pm Duplicate Bridge 1-5 Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm	<b>TRE Lunch 11am</b> Ceramics 9am-3pm Knitstas 10-1pm Silver Yoga 10:30-11:30am Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm Sr. Table Tennis 12:30-3pm Dominos & Pinochle 1-3pm 1pm - Bocce Ball	<b>North Co. Lunch 11am</b> Sr. Crafting 10am-12pm Sr. Exercise 10:30-11:30am Mah Jong 11-3:30pm Bridge 12:30-4pm Social Bingo 1pm Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm Cribbage 6-9pm	<b>TRE Lunch 11am</b> TOPS 8:15-10:15am Silver Yoga 10:30-11:30am Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm Sr. Table Tennis 3-5pm Dominos & Pinochle 1-3pm 1pm - Bocce Ball	<b>North Co. Lunch 11am</b> Ceramics 9am-3pm Sr. Exercise 10:30-11:30am Social Bingo 1pm Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm

For more information  
 contact the  
**Senior Center**  
**775-782-5500 Ext. 1**

**\*Events are held at the Douglas County Community & Senior Center unless otherwise noted.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Live Music Diabetes Support 9:30am	2 Access to Healthcare 9-3pm Blind/Low Vision 10am <b>Boxing for Life 1:30 - 2:30 pm</b>	3 Live Music Vet Advocate 9-12pm
6 Live Music <b>Boxing for Life 1:30 - 2:30 pm</b>	7 Live Music Chess 1pm	8 <b>BIRTHDAY DAY!</b> Coping W/Change 9:30am	9 <b>Boxing for Life 1:30 - 2:30 pm</b>	10 Blind/Low Vision Tech. Training 12:30 - 2:30pm
13 Live Music <b>Boxing for Life 1:30 - 2:30 pm</b>	14 Live Music Chess 1pm	15 <b>BP Checks -10:45-11:45am</b>	16 <b>Boxing for Life 1:30 - 2:30 pm</b> Diabetes Support 9:30am <b>Craft Day 1-4pm</b>	17 Live Music Vet Advocate 9-12pm
20 <b>CENTER CLOSED</b>	21 Live Music Chess 1pm <b>BP Checks - TRE 12:15-12:45pm</b> Movers & Shakers 1-2pm	22 Coping W/Change 9:30am Dementia & Alzheimer's Support 10:30-11:30am <b>BP Checks - North Co. 11:45am-12:15pm</b> ROVER (by appt only)	23 <b>Boxing for Life 1:30 - 2:30 pm</b>	24 Blind/Low Vision Tech. Training 12:30 - 2:30pm
27 Live Music <b>Boxing for Life 1:30 - 2:30 pm</b>	28 Live Music Chess 1pm	29	30 <b>Boxing for Life 1:30 - 2:30 pm</b>	31

**YAH Bingo**  
**3rd & 5th Sunday**  
**11 AM**







