


Ongoing Events

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
TRE Lunch 11am Knitting 9-11am Sr. Exercise 10:30-11:30am Bingo 1pm Duplicate Bridge 1-5 Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm	TRE Lunch 11am 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	North Co. Lunch 11am Sr. Crafting 10am-12pm Sr. Exercise 10:30-11:30am Mah Jong 11-3:30pm Bridge 12:30-4pm Bingo 1pm Sr. Walk 10-11am/12:30-2pm Pickleball 10-11am & 1-2pm Cribbage 6-9pm	TRE Lunch 11am 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	North Co. Lunch 11am Ceramics 9am-3pm Sr. Exercise 10:30-11:30am 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 Tech Training 2:30 - 4:30pm	2 Access to Healthcare 9-3pm Blind/Low Vision 10am Boxing for Life 1:30 - 2:30 pm	3 Live Music Vet Advocate 9-12pm
Boxing for Life 1:30 - 2:30 pm	7 Live Music Chess 1pm	8 BIRTHDAY DAY! YAH 50/50 Raffle Coping W/Change 9:30am	9 Boxing for Life 1:30 - 2:30 pm	10 Blind/Low Vision Tech. Training 12:30 - 2:30pm
13 Live Music Boxing for Life 1:30 - 2:30 pm	14 Chess 1pm	15 BP Checks -10:45-11:45am Tech Training 2:30 - 4:30pm	16 Boxing for Life 1:30 - 2:30 pm Diabetes Support 9:30am Craft Day 1-4pm	17 Live Music Vet Advocate 9-12pm
20 Live Music Boxing for Life 1:30 - 2:30 pm	21 Live Music Chess 1pm BP Checks - TRE 12:15-12:45pm Movers & Shakers 1-2pm	22 Coping W/Change 9:30am Dementia & Alzheimer's Support 10:30-11:30am BP Checks - North Co. 11:45am-12:15pm ROVER (by appt only)	23 Boxing for Life 1:30 - 2:30 pm	24 Blind/Low Vision Tech. Training 12:30 - 2:30pm
27 Live Music Boxing for Life 1:30 - 2:30 pm	28 Chess 1pm	29	30 Boxing for Life 1:30 - 2:30 pm	31

Sertoma Bingo
 Sunday
 6th
 11 AM



YAH Bingo
 Sunday
 20th
 11 AM

