## Ongoing Events

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRE Lunch 11am</td>
<td>TRE Lunch 11am</td>
<td>North Co. Lunch 11am</td>
<td>TRE Lunch 11am</td>
<td>North Co. Lunch 11am</td>
</tr>
<tr>
<td>Knitting 9-11am</td>
<td>Ceramics 9am-3pm</td>
<td>Sr. Crafting 10am-12pm</td>
<td>Ceramics 9am-3pm</td>
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<tr>
<td>Sr. Exercise 10:30-11:30am</td>
<td>Knitstas 10-1pm</td>
<td>Sr. Exercise 10:30-11:30am</td>
<td>Sr. Exercise 10:30-11:30am</td>
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<tr>
<td>Bingo 1pm</td>
<td>Silver Yoga 10:30-11:30am</td>
<td>Mah Jong 11-3:30pm</td>
<td>Silver Yoga 10:30-11:30am</td>
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<tr>
<td>Duplicate Bridge 1-5</td>
<td>Sr. Walk 10-11am/12:30-2pm</td>
<td>Bridge 12:30-4pm</td>
<td>Sr. Walk 10-11am/12:30-2pm</td>
<td>Bingo 1pm</td>
</tr>
<tr>
<td>Sr. Walk 10-11am/12:30-2pm</td>
<td>Pickleball 10-11am &amp; 1-2pm</td>
<td>Bingo 1pm</td>
<td>Sr. Table Tennis 3-5pm</td>
<td>Sr. Table Tennis 3-5pm</td>
</tr>
<tr>
<td>Pickleball 10-11am &amp; 1-2pm</td>
<td>Sr. Table Tennis 12:30-3pm</td>
<td>Sr. Walk 10-11am/12:30-2pm</td>
<td>Pickleball 10-11am &amp; 1-2pm</td>
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<td></td>
<td>Dominos &amp; Pinoche 1-3pm</td>
<td>Pickleball 10-11am &amp; 1-2pm</td>
<td>Dominos &amp; Pinoche 1-3pm</td>
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<tr>
<td></td>
<td>1pm - Bocce Ball</td>
<td>Pickleball 10-11am &amp; 1-2pm</td>
<td>1pm - Bocce Ball</td>
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*Events are held at the Douglas County Community & Senior Center unless otherwise noted.*

### For more information
Contact the Senior Center
775-782-5500 Ext. 1

### SEPTEMBER 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<tr>
<td>Live Music</td>
<td>Live Music</td>
<td>Live Music</td>
<td>Access to Healthcare 9-3pm</td>
<td>Live Music</td>
</tr>
<tr>
<td>Boxing for Life 1:30 - 2:30 pm</td>
<td>Chess 1pm</td>
<td>Diabetes Support 9:30am</td>
<td>Blind/Low Vision 10am</td>
<td>Vet Advocate 9-12pm</td>
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<td></td>
<td>Boxing for Life 1:30 - 2:30 pm</td>
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<td>9</td>
<td>10</td>
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<td>12</td>
<td>13</td>
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<tr>
<td>Live Music</td>
<td>Live Music</td>
<td>BIRTHDAY DAY!</td>
<td>Boxing for Life 1:30 - 2:30 pm</td>
<td>Blind/Low Vision Tech.</td>
</tr>
<tr>
<td>Boxing for Life 1:30 - 2:30 pm</td>
<td>Chess 1pm</td>
<td>YAH 50/50 Raffle</td>
<td>Training 12:30 - 2:30pm</td>
<td>Training Tech.</td>
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<td>Coping W/Change 9:30am</td>
<td>End of Summer Luau</td>
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<tr>
<td>Live Music</td>
<td>Live Music</td>
<td>BP Checks -10:45-11:45am</td>
<td>Boxing for Life 1:30 - 2:30 pm</td>
<td>Live Music</td>
</tr>
<tr>
<td>Boxing for Life 1:30 - 2:30 pm</td>
<td>Chess 1pm</td>
<td>Movers &amp; Shakers 1-2pm</td>
<td>Diabetes Support 9:30am</td>
<td>Vet Advocate 9-12pm</td>
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<td>Craft Day 1-4pm</td>
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<td>Live Music</td>
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<td>Coping W/Change 9:30am</td>
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<td>Support 10:30-11:30am</td>
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<td>BP Checks -</td>
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<td>TRE 12:15-12:45pm</td>
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<td>Movers &amp; Shakers 1-2pm</td>
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For Sertoma Bingo:
- **Sunday, 1st**
  - **11 AM**

For YAH Bingo:
- **Sunday, 15th & 29th**
  - **11 AM**

**SEPTEMBER**

**Live Music**

**BINGO**

**YAH Bingo**

**TOPS**

**Sr. Crafting**

**Sr. Exercise**

**Knitting**

**Ceramics**

**Sr. Walk**

**Pickleball**

**Bridge**

**Bingo**

**Silver Yoga**

**Knitstas**

**Sr. Table Tennis**

**Domingos & Pinoche**

**Bocce Ball**

**Cribbage**

**Dominos & Pinoche**

**1-3pm**

**Pinochle**

**BP Checks**

**Coping W/Change**

**Cribbage**

**Dementia & Alzheimer’s Support**

**Blind/Low Vision Tech.**

**SR. WALK**

**Snack Time**

**Silver Yoga**

**Bridge**

**Chess**

**DINNER**

**DINNER**

**DINNER**

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