

# JULY ACTIVITIES

## Senior Services

### VIA LINDA SENIOR CENTER ACTIVITY LIST

#### Activity Time Location

##### MONDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Drop in Chair Yoga	3:30 - 4:30 p.m.	Room 4
<b>\$10 fee (Only 7-1 &amp; 7-8)</b>		
Hand, Knee, Foot & Samba	9 a.m. - 1 p.m.	Room 5
Open Knitting/Crocheting	1:15 - 3 p.m.	Room 5
Mexican Train Dominoes	1 - 4 p.m.	Room 8

##### TUESDAY:

Walking Club <i>Oct-May</i>	8 - 9 a.m.	Main Entrance
Blood Pressure Screening	10 a.m. - Noon	Lobby
Mindful Art <i>2nd &amp; 4th Tues</i> (Memory Support Program)	10 - 11:30 a.m.	Room 7
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
<b>\$4.00 fee</b>		
Fast Play Bridge		
Intermediate	Noon - 3:30 p.m.	Room 7
Drop in Chair Yoga	12 - 1 p.m.	Room 4
<b>\$10 fee (Only 7-2 &amp; 7-9)</b>		
Open Cards & Games	1 - 5 p.m.	Room 6
What's On your Mind	1:30 - 3 p.m.	Room 8
<b>2nd &amp; 4th Tues</b>		
Men's Discussion	2 - 3:30 p.m.	Room 5
Table Tennis <b>\$2.00 fee</b>	3:30 - 7:30 p.m.	Room 1, 2, 3

##### WEDNESDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Rummikub	10 a.m. - 1 p.m.	Room 8

#### Activity Time Location

##### WEDNESDAY:

Low Vision <b>2nd Wed</b>	10 - 11:30 a.m.	Room 5
Blood Pressure Screener	10:30 a.m. - Noon	Lobby
Blue Grass Jam Session	Noon - 2 p.m.	Room 5
Open Art & Crafts	12:30 - 4:30 p.m.	Room 8
Current Events Discussion	2 - 3:30 p.m.	Room 4
Flying Needles <b>2nd Wed</b>	4 - 8 p.m.	Room 7
<i>Knitting/Sewing/Crocheting</i>		

##### THURSDAY:

Book Discussion	10 - 11:30 a.m.	Room 5
<b>2nd Thurs (Sep-Jun)</b>		
Tech Time With Mark	9 - 11a.m.	Room 6
<b>2nd Thurs</b>		
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
<b>\$4.00 fee</b>		
Speedy Bridge Intermediate	12 - 3:30 p.m.	Room 7
Mah Jongg	1 - 4 p.m.	Room 8
Open Cards & Games	1 - 5 p.m.	Room 6

##### FRIDAY:

Open Cards & Games	8 - 4:45 p.m.	Room 6
Matinee Movie	1 - 4 p.m.	Room 5
Table Tennis <b>\$2.00 fee</b>	1 - 4:30 p.m.	Room 1, 2, 3

##### SATURDAY:

Open Cards	8 - 11:45 a.m.	Room 6
Tech Tutors <b>3rd Sat</b>	9 - 11 a.m.	Room 7

### VIA LINDA SENIOR CENTER SUPPORT GROUPS

Support Group	Time	Location
Duet Caregiver's Support Group	1st and 3rd Thursday   10 a.m.	VLSC
Low Vision Support Group	2nd Wednesday   10:30 a.m.	VLSC
Mended Hearts	2nd Tuesday   6 p.m.	VLSC
Multiple Sclerosis	2nd Tuesday   4:30 p.m.	VLSC



**Via Linda Senior Center**

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SCOTTSDALE

**HUMAN SERVICES**