

MAR. ACTIVITIES

Senior Services

VIA LINDA SENIOR CENTER ACTIVITY LIST

Activity Time Location

MONDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Hand & Foot	9 a.m. - 1 p.m.	Room 5
Chair Yoga \$10 fee	Noon - 1 p.m.	Room 4
Open Knitting/Crocheting	1:15 - 3 p.m.	Room 5
Mexican Train Dominoes	1 - 4 p.m.	Room 8

TUESDAY:

Walking Club Oct-May	8 - 9 a.m.	Main Entrance
Mindful Art	10 - 11:30 a.m.	Room 7
Congregate Meals \$4 fee	11 a.m. - 12:30 p.m.	Room 6
Chair Yoga \$10 fee	Noon - 1 p.m.	Room 4
Fast Play Bridge Intermediate	Noon - 3:30 p.m.	Room 7
Open Cards & Games	1 - 5 p.m.	Room 6
What's On your Mind	1:30 - 3 p.m.	Room 8

2nd & 4th Tues

Men's Discussion	2 - 3:30 p.m.	Room 5
Table Tennis \$2 fee	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
Blue Grass Jam Session	Noon - 2 p.m.	Room 5

Activity Time Location

WEDNESDAY:

Open Knitting	1:15 - 3:15 p.m.	Room 8
Sanction Duplicate Bridge \$8 fee	12:30-4 p.m.	Room 1, 2, 3
Current Events Discussion	2 - 3:30 p.m.	Room 4
Flying Needles 2nd Wed Knitting/Sewing/Crocheting	4 - 8 p.m.	Room 7

THURSDAY:

Book Discussion 2nd Thurs (Sep-Jun)	10 - 11:30 a.m.	Room 5
Tech Time With Mark 2nd Thurs	9 - 11 a.m.	Room 6
Congregate Meals \$4 fee	11 a.m. - 12:30 p.m.	Room 6
Fast Play Bridge Intermediate	Noon - 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
Open Art & Crafts	Noon - 2 p.m.	Room 7
Matinee Movie	1 - 4 p.m.	Room 5
Table Tennis \$2 fee	1 - 4:30 p.m.	Room 1, 2, 3

SATURDAY:

Open Cards	8 - 11:45 a.m.	Room 6
Tech Tutors 3rd Sat	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 9:30 a.m.	VLSC
Low Vision Support Group	2nd Wednesday 10 a.m.	VLSC
Mended Hearts	2nd Tuesday 6 p.m.	VLSC
Multiple Sclerosis	2nd Tuesday 4:30 p.m.	VLSC



Via Linda Senior Center

10440 E. Via Linda | Scottsdale | 480-312-5810

SCOTTSDALE
HUMAN SERVICES