



OCT. ACTIVITIES

Senior Services

GRANITE REEF SENIOR CENTER ACTIVITY LIST

Activity Time Location

MONDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Open Arts & Crafts	9 a.m. - Noon	Room 6
Beginning Strummers	1 - 2 p.m.	Room 10
Mah Jong	10:30 a.m. - 2:30 p.m.	Room 11
Monday Bridge	12:45 - 4 p.m.	Room 1

TUESDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Friendship Discussion Group	10 - 11 a.m.	Room 8
Chair Exercises	10 - 11 a.m.	Room 1
Duplicate Bridge	12:45 - 4 p.m.	Room 1

WEDNESDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Open Arts	9 a.m. - Noon	Room 6
Current Events Discussion Group	10:30 a.m. - Noon	Room 8
Pinochle	Noon - 5 p.m.	Room 11
Prickly Pear Duplicate Bridge	1 - 4 p.m.	Room 1
Table Tennis \$2 drop-in	1 - 4 p.m.	Room 2

THURSDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Double Deck Pinochle	10 a.m. - 3 p.m.	Room 12
Chair Exercises	10 - 11 a.m.	Room 1

Activity Time Location

THURSDAY:

Open Chess	11 a.m. - 3 p.m.	Room 5
Blood Pressure Check		
2nd & 4th Thurs	11:15 a.m. - 1:15 p.m.	
Canasta Newcomers	Noon - 4 p.m.	Room 10
Current Events Discussion Group	Noon - 2 p.m.	Room 8
Canasta	Noon - 5 p.m.	Room 11
Ballroom Dance \$8 Fee		
2nd & 4th Thurs	Noon - 2:30 p.m.	Room 2
Open Art	1 - 4p.m.	Room 6
Tremble Clefs	3 - 5 p.m.	Room 2
Senior Karaoke		
2nd & 4th Thurs	2 - 5 p.m.	Room 1

FRIDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Bingo	9:30 - 11 a.m.	Room 1
Scottsdale Strummers	10 a.m. - Noon	Room 8
International Mah Jong	Noon - 5 p.m.	Room 11
Friday Bridge	12:45 - 4p.m.	Room 1
Line Dancing	11:30 a.m. - 12:30 p.m.	Room 2
Scrabble	Noon - 5 p.m.	Room 12
Matinee Movie	1 - 3 p.m.	Room 8

SATURDAY:

Open Cards	8 a.m. - Noon	Room 11
Table Tennis \$2 drop-in	8 a.m. - Noon	Room 5
Fitness Center		
\$3 drop-in	8 a.m. - Noon	Fitness Center

GRANITE REEF SENIOR CENTER SUPPORT GROUPS

Support Group	Time	Location
Alzheimer's Support Group	1st Monday 1:30 p.m.	GRSC
Hospice of the Valley - Grief and Loss	1st and 3rd Tuesday 1 p.m.	GRSC
Scottsdale Amputee Support Group	2nd Wednesday 6-7:55 p.m.	GRSC
Tremble Clefs (<i>Parkinson's Support</i>)	Thursdays 3 p.m.	GRSC



Granite Reef Senior Center

1700 N. Granite Reef Rd | Scottsdale | 480-312-1700





OCT. 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 & Knee	9 a.m. - 1 p.m.	Room 6
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

Activity Time Location

WEDNESDAY:

Blue Grass Jam Session	Noon - 2 p.m.	Room 5
Open Knitting	1:15 - 3:15 p.m.	Room 8
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	10 - 11:30 a.m.	Room 5
2nd Thurs (Sep-Jun)		
Tech Time With Mark	9 - 11a.m.	Room 6
2nd Thurs		
Congregate Meals \$4 fee	11 a.m. - 12:30 p.m.	Room 6
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
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	Wednesdays 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

