



# JAN. ACTIVITIES

## Senior Services

### VIA LINDA SENIOR CENTER ACTIVITY LIST

Activity	Time	Location	Activity	Time	Location
<b>MONDAY:</b>			<b>WEDNESDAY:</b>		
Open Cards & Games	8 a.m. - 5 p.m.	Room 6	Open Knitting	1:15 - 3:15 p.m.	Room 8
Hand & Foot	9 a.m. - 1 p.m.	Room 5	Sanction Duplicate Bridge	12:30-4 p.m.	Room 1, 2, 3
Chair Yoga <b>\$10 fee</b>	Noon - 1 p.m.	Room 4	<b>\$8 fee</b>		
Open Knitting/Crocheting	1:15 - 3 p.m.	Room 5	Current Events Discussion	2 - 3:30 p.m.	Room 4
Mexican Train Dominoes	1 - 4 p.m.	Room 8	Flying Needles <b>2nd Wed</b>	4 - 8 p.m.	Room 7
			<i>Knitting/Sewing/Crocheting</i>		
<b>TUESDAY:</b>			<b>THURSDAY:</b>		
Walking Club <b>Oct-May</b>	8 - 9 a.m.	Main Entrance	Book Discussion	10 - 11:30 a.m.	Room 5
Mindful Art	10 - 11:30 a.m.	Room 7	<b>2nd Thurs (Sep-Jun)</b>		
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6	Tech Time With Mark	9 - 11a.m.	Room 6
<b>\$4 fee</b>			<b>2nd Thurs</b>		
Chair Yoga <b>\$10 fee</b>	Noon - 1 p.m.	Room 4	Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
Fast Play Bridge			<b>\$4 fee</b>		
Intermediate	Noon - 3:30 p.m.	Room 7	Fast Play Bridge		
Open Cards & Games	1 - 5 p.m.	Room 6	Intermediate	Noon - 3:30 p.m.	Room 7
What's On your Mind	1: 30 - 3 p.m.	Room 8	Mah Jongg	1 - 4 p.m.	Room 8
<b>2nd &amp; 4th Tues</b>			Open Cards & Games	1 - 5 p.m.	Room 6
Men's Discussion	2 - 3:30 p.m.	Room 5			
Table Tennis <b>\$2 fee</b>	3:30 - 7:30 p.m.	Room 1, 2, 3	<b>FRIDAY:</b>		
			Open Cards & Games	8 - 4:45 p.m.	Room 6
<b>WEDNESDAY:</b>			Open Art & Crafts	Noon - 2 p.m.	Room 7
Open Cards & Games	8 a.m. - 5 p.m.	Room 6	Matinee Movie	1 - 4 p.m.	Room 5
Rummikub	10 a.m. - 1 p.m.	Room 8	Table Tennis <b>\$2 fee</b>	1 - 4:30 p.m.	Room 1, 2, 3
Blue Grass Jam Session	Noon - 2 p.m.	Room 5	<b>SATURDAY:</b>		
			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   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

