

## Senior Center Activities & More, 2019

### EXERCISE

ACTIVITY	DATE/TIME	COST
Live Well/Be Fit	Tues./Thurs. 9-10am	\$10/month
Posture Perfect Aging	M/W/F 9:30-10:30am M/W 5:30-6:30pm	\$5/class
Round Dancing	Wed. 6-9pm	\$5 per person
Tai Chi	M/W 11am-noon, F 10:45-11:45am	\$5/class
Zumba Gold	Thurs. 9:30-10am	\$5/class
Belly Dancing	Tues 4:30pm– 5:15pm	\$5/class

### GAMES

ACTIVITY	DATE/TIME	COST
Bingo	Fri. 1-3pm	\$10
Bingo	1 <sup>st</sup> Sat. 11:30am-3pm	\$15
ACBL Duplicate Bridge	Fri. 12:30-4pm	
Bridge - AAUW	Thurs. 1-4pm	
Bridge	Fri. noon-4pm	
Thursday Bridge	Thurs. 12:30-4pm	
Cribbage	Tues. 5:30-8:15pm	
Hand & Foot Card Game	M/W 12:30-4pm (2 <sup>nd</sup> Wed. 12:30-4:00pm)	
Mahjong	Tues. 12:30-4pm Fri. noon-4pm	
Mexican Train Dominoes	2 <sup>nd</sup> & 4 <sup>th</sup> Wed. 12:30-4pm	
Pinochle	Tues. 12:30-3:30pm Thurs. 9:00-12:30pm	

### ARTS, CRAFTS, BOOKS & WRITING

ACTIVITY	DATE/TIME	COST
Art & Craft Group	(On break through Aug.)	
Knitting & Crocheting	Thurs. 10am-12pm	
Quilting	4 <sup>th</sup> Tues. 12:30-4pm	
Senior Center Book Club	3 <sup>rd</sup> Tues. 1-2pm	
Sonora Writers Group	2 <sup>nd</sup> Sat. 10:30am-12:30pm	
Wood Carving	Wed. 11am-2pm	

### OTHER GROUPS & SERVICES

GROUP/SERVICE	DATE/TIME	COST
Blood Pressure Check	3 <sup>rd</sup> Wed. 11am-1pm	Free
Commodities Distribution	1 <sup>st</sup> & 3 <sup>rd</sup> Tues. 10am-noon	
Older Adults Support Group	Alternate Wed. 2:30-4pm	\$5 suggested donation
Secondary PTSD Support Group	3 <sup>rd</sup> Tues. 6-8pm	
Tuolumne County D.A. Elder Abuse Advocacy	1 <sup>st</sup> & 3 <sup>rd</sup> Wed. 11:15am-12:15pm	Free

### Outreach Programs and Services

**Meals on Wheels:** Sierra Senior Providers, Inc. offers home-delivered, balanced and nutritious meals to qualified Tuolumne County seniors age 60 and older. Five home-delivered meals are provided weekly.

#### Senior Lunch Program: Senior Center

540 Greenley Rd Sonora Ca (209) 533-2622

Lunch is served: Monday thru Friday from Noon—1:00pm

Soup and Salad Bar offered on Wednesdays Senior Center location only

#### Jamestown Community Hall

18250 Main Street Jamestown

Lunch is served: Monday and Wednesdays Noon—1:00pm

#### Groveland—The Little House

Lunch is Served: Thursdays

Noon—1:00pm

Alternative menu choices are available at all sites. Suggested contribution \$4.50 for those age 60 and older (no eligible person will be denied a meal due to inability of contribution). Meals are partially funded by Area 12 Agency on Aging

\$6.00 charge for guests under age 60.

#### Facility Reservations

##### Reserve the Senior Center !

Have a party, dinner or meeting? Need a large room, dining area and commercial kitchen? Call the Senior Center to reserve your space (209)533-2622

#### Treasure Hunt Thrift Store Inside the Senior Center!

Visit the Treasure Hunt Thrift Store  
Monday—Thursday 10:00am-1:00pm  
Friday 10:00am to 12:45pm

