

Senior Center Activities & More, 2020

EXERCISE

ACTIVITY	DATE/TIME	COST
Live Well/Be Fit	Tues./Thurs. 9-10am	\$10/month
Posture Perfect Aging	M/W/F 8:00am M/W/F 9:30am M/W 5:30-6:30pm	\$5/class
Tai Chi	Wed 11am-noon, Fri 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 st 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 nd Wed. 12:30-4:00pm)	
Mahjong	Tues. 12:30-4pm Fri. noon-4pm	
Mexican Train Dominoes	2 nd & 4 th Wed. 12:30-4pm	
Pinochle	Tues. 12:30-3:30pm Thurs. 9:00-12:30pm	

ARTS, CRAFTS, BOOKS & WRITING

ACTIVITY	DATE/TIME	COST
Art and Craft Class	1st & 3rd Thursday 1:00pm-3:00pm	\$10.00/mo
Knitting & Crocheting	Thurs. 10am-12pm	
Community Quilting	4th Tues 12:30—4pm	
Senior Center Book Club	3 rd Tues. 1-2pm	
Small Quilting Bee	Tues 10:00am –2:00pm	
Wood Carving	Wed. 11am-2pm	

OTHER GROUPS & SERVICES

GROUP/SERVICE	DATE/TIME	COST
ATCAA Commodities Distribution	1 st & 3 rd Tues. 10am-noon	
Older Adults Support Group	2nd & 4th Wed. 2:30-4pm	Donations for snacks accepted
Secondary PTSD Support Group	3 rd Tues. 6-8pm	
Tuolumne County D.A. Elder Abuse Advocacy	1 st & 3 rd 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
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

