

Senior Program

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Walking Club Table Tennis Mahjong	3  Tech Hour Low Impact Games	4  Bunco Table Tennis	5  Line Dancing	6  KARAOKE PICKLEBALL
9 <u>*INDIGENOUS PEOPLE'S DAY</u> Table Tennis 9:00 a.m. - 1 p.m.	10 Low Impact Games Optum Nutrition Workshop	11  Bunco Table Tennis	12 <u>Line Dancing</u> Senior Makers Club: Watercolor	13  BINGO PICKLEBALL
16 Health and Fitness Walking Club Table Tennis Mahjong	17 Low Impact Games Optum Fall Prevention Workshop	18  Health and Fitness Bunco Table Tennis	19  Line Dancing	20  KARAOKE PICKLEBALL
23 Health and Fitness Walking Club Table Tennis Mahjong	24 Low Impact Games 	25  Health and Fitness Bunco Table Tennis	26 <u>Line Dancing</u> Senior Makers Club: Sketchbook	27  BINGO PICKLEBALL
30 Health and Fitness Walking Club Table Tennis Mahjong	31 Golden Gatherings: Halloween Ice Cream Sundaes 		<u>*Special Halloween Event*</u> Saturday, October 28 3 p.m. - 5 p.m. at the Canyon Country Community Center	<u>Special Halloween Event Flyer</u> 

Monday

8:30 a.m. – 10:00 a.m. Senior Walking Club (55+)
9:45 a.m. – 2:00 p.m. Table Tennis (18+)
11:00 a.m. – 2:00 p.m. Mahjong (55+)

Tuesday

9:00 a.m. – 10:30 a.m. Low Impact Outdoor Games (18+)
10:00 a.m. - 11:00 a.m. Tech Help Hour (10/3) (18+)
11:00 a.m. - 1:00 p.m. Golden Gatherings (10/31) (55+)
11:00 a.m. - 12:00 p.m. Optum (10/10) (10/17) (55+)

Wednesday

9:45 a.m. – 2:00 p.m. Table Tennis (18+)
11:00 a.m. - 1:30 p.m. Bunco (55+)

Thursday

9:30 a.m. – 11:00 a.m. Senior Makers Club (55+)
10:30 a.m. – 12:00 p.m. Line Dancing (55+)

Friday

9:45 a.m. – 2:00 p.m. Pickleball (18+)
9:30 a.m. – 11:00 a.m. BINGO (55+)
9:30 a.m. – 11:00 a.m. Karaoke (55+)

Health and Fitness for Older Adults

Mondays/Wednesdays 8:30 a.m. – 10:00 a.m.
Join this new class made to boost older adults' physical and mental well-being through health-focused fitness!

Golden Gatherings

Tuesday, October 31 11:00 a.m. - 1:00 p.m.
Introducing an exciting new program designed exclusively for seniors! Join as we whip up delicious snacks and savor them together.