








# Senior Program

## September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Table Tennis 9:00 a.m. - 12:00 p.m.	3	4  Table Tennis	5 Line Dancing 	6  PICKLEBALL
9 Mahjong Table Tennis Watercolor for Older Adults	10 Yoga for Older Adults AM/PM	11 Table Tennis Watercolor for Older Adults	12 Line Dancing Yoga for Older Adults AM/PM	13  Celebrate Series Event: Germany 6:00 - 9 p.m.
16 Mahjong Table Tennis Watercolor for Older Adults	17 Yoga for Older Adults AM/PM	18 Table Tennis Watercolor for Older Adults	19 Line Dancing Senior Makers Club Yoga for Older Adults AM/PM	20 BINGO  PICKLEBALL
23 Mahjong Table Tennis Watercolor for Older Adults	24 Yoga for Older Adults AM/PM	25 Table Tennis Watercolor for Older Adults	26 Line Dancing Yoga for Older Adults AM/PM	27 BINGO  PICKLEBALL
30 Mahjong Table Tennis Watercolor for Older Adults				

### Monday

9:00 - 10:30 a.m. Watercolor for Older Adults (55+)

9:45 a.m. - 2:00 p.m. Table Tennis (18+)

11:00 a.m. - 2:00 p.m. Mahjong (55+)

### Tuesday

8:30 - 10:00 a.m. Yoga for Older Adults (Morning) (55+)

6:30 - 8:30 p.m. Yoga for Older Adults (Evening) (55+)

### Wednesday

9:00 - 10:30 a.m. Watercolor for Older Adults (55+)

9:45 a.m. - 2:00 p.m. Table Tennis (18+)

### Thursday

8:30 - 10:00 a.m. Yoga for Older Adults (Morning) (55+)

10:00 - 11:00 a.m. Senior Makers Club (55+) (9/19)

10:30 - 11:30 a.m. Line Dancing (55+)

6:30 - 8:30 p.m. Yoga for Older Adults (Evening) (55+)

### Friday

9:30 - 10:30 a.m. BINGO (55+)(9/20 & 9/27)

9:45 a.m. - 2:00 p.m. Pickleball (18+)

6:00 - 9:00 p.m. Celebrate Series Event (9/13)

College of the Canyons (COC) School of Personal and Professional Learning is offering Yoga and Watercolor courses at the Canyon Country Community Center.

Enroll online at [www.canyons.edu/FREE](http://www.canyons.edu/FREE) or visit the COC Canyon Country Campus at 17200 Sierra Highway, Santa Clarita, CA 91351.

