

## West Slope Weekly Activities

<u>Locations</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Placerville</b> Senior Center 937 Spring Street Placerville 530-621-6150	7:45-8-45am Fitness 9 am Line Dancing-Int 9:30 am Canasta 10 am - 4 pm Gourd Making 2nd Monday 11:15 am-12:15pm Tai Chi 12:30-4:30 pm Pinochle 6 pm Bellyfit Flow (yoga inspired) 6-8 pm Fiber Spinning 1st Mon 6-8 pm Poetry Reading 4th Mon 7 pm Bellyfit	7:45 am Hiking 2nd & 4th Tue 7:45-8-45am Fitness 9 am Bellyfit Sage 9:30 am PAA Painting Group 10 am Zumba 10 am-4 pm WPAC Pinochle 11 am Pilates 1-2 pm Qigong 2-3 pm Yoga 3:15-4:15 pm Yoga 5:30 pm Line Dancing adv-beg. 5:30pm/adv. 6:30pm	7:45-8-45am Fitness 8 am-4 pm Ceramics 9:30 am Mahjong 2nd & 4th 9:30 am Pine Needle & Basket Weaving 11:15 am-12:15 pm Tai Chi 12:30 pm Bridge 1-4 pm Fly Tying seasonal 3 pm Bellyfit Flow (all but 1st Wed)	7:45-8-45am Fitness 9-11 am Knit & Crochet 9 am Bellyfit Sage 9 am Pottery Class 10-11 am Zumba 11:15 am Clogging-Beg 12 pm Beg. Plus Clogging 12:45 pm Int. Line Dancing 12:30 - 3 pm Cribbage 2-3 pm Yoga 3:15-4:15 pm Yoga 4:30 pm Line Dancing-Int 6 pm Bellyfit Flow (yoga inspired) 7 pm Bellyfit	8-9 am Fitness-Yoga inspired 9 - 10:30 am Line Dancing advanced beginner 9 am Quilt/Needlecraft 9:30 am Canasta 10-11 am Creative Writing Class 12:30-4:30 pm Pinochle 12:15 pm Book Club 3rd Fri. 1:30 p.m. Movie of the Week 1:30-3 pm Caregiver Support Group 1st Friday
<b>Somerset</b> Pioneer Park 6740 Fairplay Road	9:30 - 11 am Exercise Class		9:30 - 11 am Exercise Class		9:30 - 11 am Exercise Class
<b>El Dorado Hills</b> Senior Center 990 Lassen Lane 916-358-3575	8 am Forever Fit 9:30 am Hand/Neck Massage 2nd Mon 10 am Painting Pals 10:15 am Sit & Get Fit 10:30 am Fit Club (M,W,F) 12:30 pm Fun Bingo 1 pm Monthly Movie 1st & 3rd Mon 1 pm Computer Group 2nd & 4th Mon 1 pm Guitar/Ukulele Lessons 3 pm Book Club 1st Mon 7 pm Knitting Lessons 2nd Mon	8 am Forever Fit 9:30 am Exercise 10 am Knit/Crochet Group 10:30 am Senior Council last Tuesday 11 am Chair Yoga 1 pm Mahjongg 5:30 pm Caregiver Support Group 3rd Tue. 6:30 pm Grief Support Group 2nd Tue.	8 am Forever Fit 9 am Social Bridge Play 9:30 am Sr Cntr Orientation 1st Wed 9:30 am Wii Bowling 10 am Golden Hills Men's Group 3rd Wed. 10:15 am Sit & Get Fit 12:30 pm Pinochle 12:30 pm Mexican Train Dom. 1 pm Line Dancing 6:15 pm Cribbage League	8 am Forever Fit 9:30 am Exercise 10 am Discussion Group 1st Thur 10:30 am Caregiver Support last Thu 10:30 am Qi Gong 11 am Blood Pressure Checks 2nd Thurs. 12:30 pm Fun Bingo 12:30 pm Hand & Foot 2 pm Chess Club 5 pm Canasta	10 am French Social Club 1st Friday 10 am Brain Connections 3rd Fri 10:30 am Yin Yoga 10:30 am Stamp Club 4th Fri 12:30 pm Hand & Foot 1 pm Grandparents Gazette 3rd Friday 4 pm Falun Dafa
<b>Greenwood</b> Community Center 4411 Hwy 193 530-885-9160	12:30 pm Senior Bridge 1st, 2nd, 3rd, 5th Mon.	12:30 pm Bunco 1st Tues. 12:30 pm Hand & Foot 2nd & 4th 2:30-4:30 pm Caregiver Support Group 2nd Tuesday			
<b>Pollock Pines</b> Community Center 2645 Sanders Drive 530-647-8005		5:15 pm Dinner and BINGO			
<b>Diamond Springs</b> Lions Hall 4701 Missouri Flat	10:30 am - 12 pm Senior Painters			10:30 am - 12 pm Senior Painters	